Dundee Born and Read
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Clutter-cutters

STACEY SOLOMON AND HOME TRANSFORMATION TEAM BACK ON BBC1

VISIT…

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Thrifty ideas put to the test

Jack Monroe has made a name for herself as the go-to source for budget cooking.

She's been blogging, tweeting and writing cookbooks for nearly a decade now, giving us genius tips for saving money and reducing food waste.

There's always been an audience for her cheap and delicious recipes, but with the cost-of-living crisis growing, it feels like there's more of a need than ever.

Her latest cookbook is called Thrifty Kitchen, featuring over 120 wallet-friendly recipes. We put two of them to the test – but how do they stack up in terms of ease, cost-effectiveness and deliciousness?

LAUREN TAYLOR TRIED: APPLE BIRCHER

Jack Monroe's apple Bircher sounds like the kind of recipe I can get on board with – quick, simple and I don't even need to go to the shop to buy extra ingredients.

It really couldn't be easier. I grate a green apple and measure out some oats, yoghurt and milk. A quick mix and it's good to go – I split into two portions and use small, reusable containers.

The recipe suggests topping with nuts and seeds, and the only ones I can find languishing in the cupboard are chia seeds, but they'll do for some added texture (and fibre) – so I sprinkle them on top and pop them in the fridge overnight.

In the morning it's lovely to have something homemade and more exciting than box cereal waiting for me to tuck into.

It's a perfectly nice, functional breakfast for a weekday, and certainly cost-effective, but I can't help but feel it needs more texture.

Next time I'll try with homemade muesli (as Monroe suggests) or jazz it up with some crushed nuts and more fruit on top.

BY PRUDENCE WADE

PRUDENCE WADE TRIED: RISOTTO WITH PEAS AND LETTUCE

There's no denying this meal is cheap – something many of us will welcome as the cost-of-living crisis continues to bite. All it requires is rice, stock, lemon, frozen peas and lettuce.

However, having such a simple meal made me feel a bit nervous. How on earth can you make a risotto without frying up a soffritto (chopped carrots, onions and celery) – or at the very least, softening some onions first to boost the flavour?

Unfortunately, my fears were realised. While the risotto was undoubtedly easy to make – all you need to do is pour in the stock and stir the rice slowly until it's absorbed, then fold in the lettuce and peas – the final product lacked a certain amount of joy. I ended up adding a whole lot of lemon, salt and pepper just to give it some flavour – something the dish was sorely lacking.

While the crunch of the lettuce provided a nice texture, I can't help but think that another type of veg would be better in terms of flavour and nutritional content.

It's by no means a bad dish, but certainly not a memorable one.

● Thrifty Kitchen by Jack Monroe is published by Bluebird, priced £19.99. Photography by Patricia Niven. Available now.

APPLE BIRCHER

(SERVES 2)

INGREDIENTS

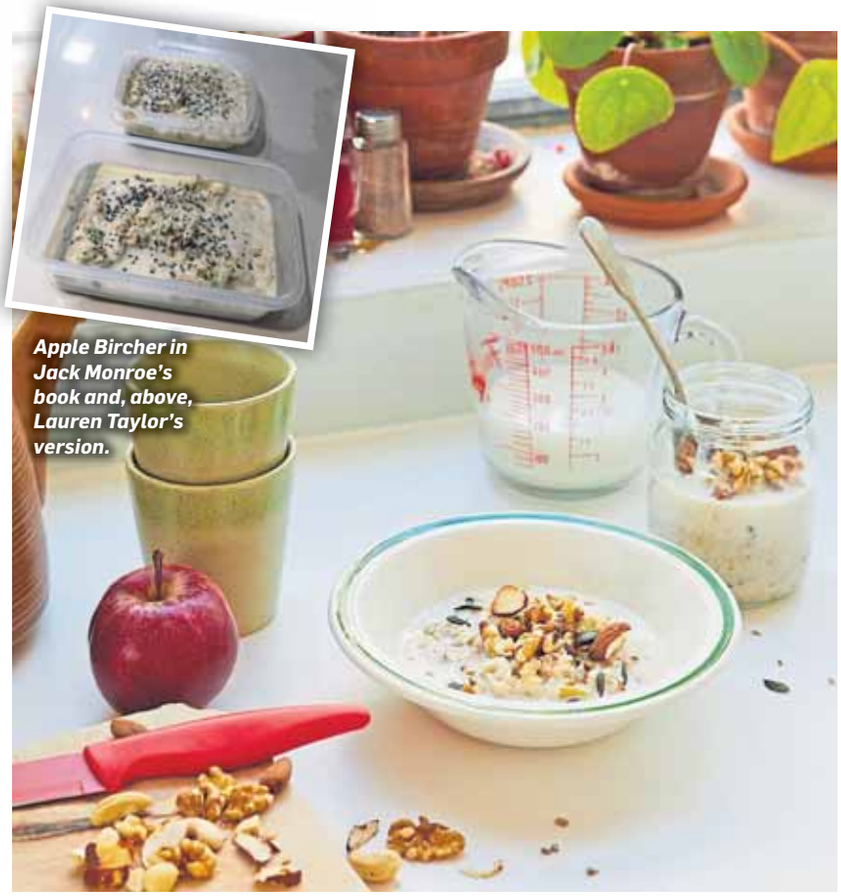
- **1 medium apple**
- **50g porridge oats or muesli**
- **150ml milk**
- **75g natural yoghurt**
- **Nuts or seeds, to top (optional)**

METHOD

1. First grate your apple coarsely, including the skin, into a decent-sized mixing bowl.

2. Add your oats or muesli, then the milk and yoghurt, and stir everything well to combine. Divide it between two pots or jars and top with the nuts or seeds, if you have any to hand. Pop the pots in the fridge overnight, or for four hours, and enjoy cold.

● To keep: These can be made up to two days in advance but I wouldn't recommend leaving them any longer than that due to the fresh apple used, as it will start to go brown and not look very appetising. The recipe is not particularly amenable to freezing due to the dairy content. It will freeze and thaw if you're determined to do so, but may split in the thawing process. If this happens, it's still fine to eat, just give it a really vigorous stir to bring it back together.



Apple Bircher in Jack Monroe's book and, above, Lauren Taylor's version.

Risotto with peas and lettuce and, above, how Prudence Wade's version looked.

RISOTTO WITH PEAS AND LETTUCE

(SERVES 4)

INGREDIENTS

- **300g rice**
- **1tbsp oil or baking spread**
- **2 stock cubes dissolved in 750ml boiling water or 750ml chicken or vegetable stock**
- **2tbsp lemon juice**
- **200g frozen peas**
- **A pinch of pepper**
- **¼ head of lettuce**

METHOD

1. Grab a wide, shallow-based non-stick saucepan and pop it on the hob. Shake in your rice and add the oil or baking spread, then turn up the heat to gently toast it at the edges for a minute or two.

2. Add a splash of stock, and stir well to stop the rice from sticking and burning. Add a splash more. When it has been absorbed, add a splash more, and repeat until two-thirds of the stock has been used. This may seem laborious, but to me it is one of the joys of making a risotto; the ability to stand still for 20 minutes and lose myself in the methodical stirring and rhythmic hypnosis of a repetitive, gentle task. When the rice is starting to swell and almost all of the stock is absorbed, splash in the rest, along with one tablespoon of lemon juice.

3. Add the peas and pepper, and stir well. Finely slice the lettuce and set to one side; you will fold this through (gently stir it in) right at the very end, as do it any earlier and you will end up with a soggy rotten mess!

4. When the risotto is finished – that is, the rice is soft and sitting in a sticky, creamy liquid, bejewelled with bright green peas – remove it from the heat. Gently fold in the lettuce to wilt it, dash over the rest of the lemon juice and an extra smattering of pepper, and serve immediately for best results.

- To keep: Leftovers will keep in the fridge for up to three days, but because of the rice content must be cooled completely before refrigerating and then be reheated until piping hot. This can also be frozen for up to three months, then defrosted and heated until piping hot

Drinks

SAVOUR SOME SUNNY VIBES WITH OUR PICK OF AUSTRALIAN WINES

SPECIALLY SELECTED VIOGNIER 2022

SOUTH EASTERN AUSTRALIA, £6.49, ALDI

This northern Rhone white variety flourishes across its wine regions and is becoming increasingly popular with winemakers and wine connoisseurs alike. Great value, this one brims with apricot scents, succulent flavours of exotic tropical fruits, nectarine and peach, with delicious concentration enlivened by fresh acidity.

TESCO FINEST TINGLEUP RIESLING 2021

WESTERN AUSTRALIA, £10, TESCO

Another fresh, dry white to blow away the January blues, this is a first-rate riesling from one of the country's most famous wine estates – and Australia's second-most important white grape. Ripe and citrus-forward with gentle touches of herbs, a lovely clean finish backed by limey-acidity, this food-friendly sommelier's favourite is a go-to with Asian dishes.

LINDEMAN'S BIN 50 SHIRAZ 2021

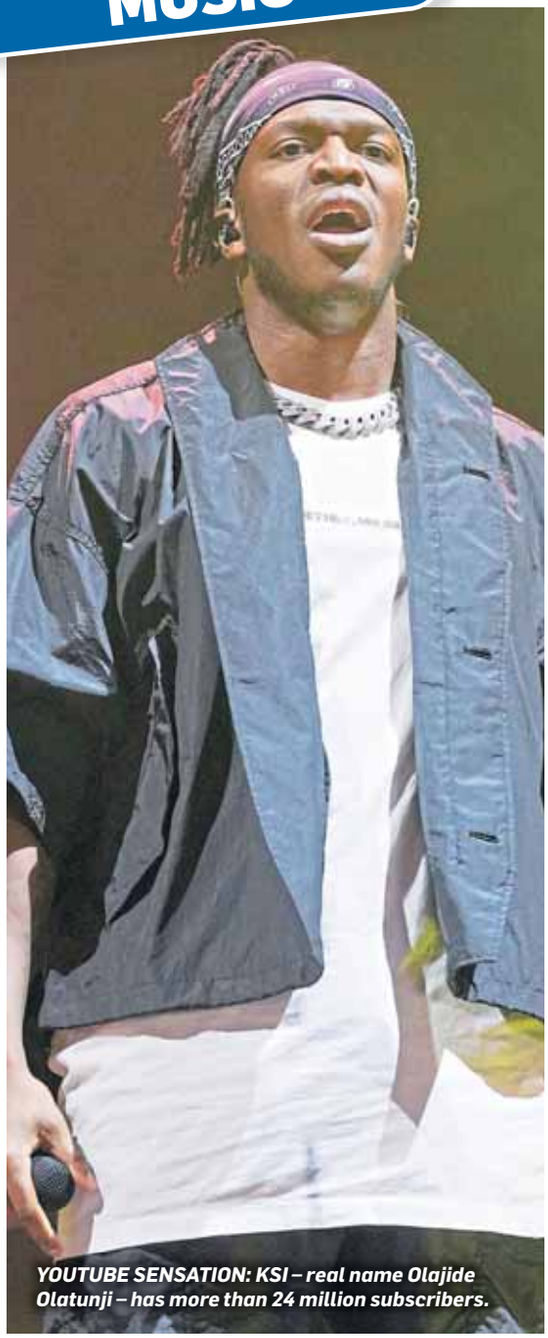
SOUTH EASTERN AUSTRALIA, £7.25, MORRISONS

Braving a winter barbecue, or just want to snuggle on the sofa and dream of faraway places? Warm-hearted with bold new world fruit, there's nothing like a glass of Australian shiraz to drink in some blue skies. The country's most widely planted grape, this reliable label offers bright beams of blackberry fruit, plums and spice with a smooth, comforting finish.

TTD CHATEAU TANUNDA BAROSSA CABERNET MERLOT 2020

BAROSSA VALLEY, AUSTRALIA, CURRENTLY £10 (WAS £13), SAINSBURY'S

A classic Bordeaux blend from this historic Barossa winery, this is generous, plump and rich with a very appealing, seductive nose. Famous for its concentrated, rich ripe reds, this own label offers inky black fruits galore, dark cassis and plummy notes and a flicker of dark chocolate.



YOUTUBE SENSATION: KSI – real name Olajide Olatunji – has more than 24 million subscribers.

KSI's real life revealed in Amazon doc

Since signing up to a fledgling platform called YouTube in 2009 and beginning his remarkable journey towards 24 million subscribers, KSI has had creative control of his videos.

But that all changed in 2021 when he agreed to take part in an Amazon documentary about his life. Suddenly the camera turned on him and he had nowhere to hide.

The result is a searingly honest portrait of a young man at the height of success yet teetering on the edge in his personal life.

"If I'm being honest, especially at the beginning I hated it," he says of letting the team from Mindhouse, the production company co-founded by Louis Theroux, into his life.

"It was quite annoying. I felt it was quite intrusive."

Olajide Olatunji, known to friends as JJ, gained fame posting videos on YouTube, mainly of his friends playing video games and pranks on each other.

But in recent years he has branched out, becoming a chart-topping rapper and a boxer whose fights attract millions of online viewers.

BY ALEX GREEN

His tracks Lighter, Don't Play and Holiday have each scored him nominations at the Brit Awards.

But his new documentary, titled In Real Life, reveals a different side.

"I'm quite introverted, so I love my alone time," he says.

"Before, I didn't really understand that. But when I'm in public for a good amount of time I need time off, as in I need time to be in the house alone.

"Not even doing much. Just either playing games or scrolling on my phone, where it's just me just being me.

"I definitely didn't have a lot of that in previous years, and over time it started to really be quite destructive for me."

In Real Life shows KSI on the eve of the release of his second album, All Over The Place, in July 2021.

That record would go to No 1 and he would embark on a sell-out tour.

But that period would also see his relationship with his parents and brother start to degrade as the strains of living in the spotlight took their toll.

"I didn't want it to be a fluff piece," he explains.

"I didn't want it to just be like, 'Oh, look how great I am'. I wanted to be open, to show that I am human."

In Real Life revisits his childhood in Watford, his struggles at school, the development of his online persona and the emergence of his steely determination to succeed.

This drive has been his biggest gift, but has also come with pitfalls.

"I told myself that when I was 25 I would retire," he says.

"I got to 25 and I realised that if I retired now I would be so bored. I would just be doing nothing."

Aged 29, KSI has already achieved so much. But what if he had been born 10 years earlier, before YouTube offered him a route to success?

"I would probably be working at McDonald's or something like that," he says with a laugh. "I don't know, honestly I have no idea."

The documentary also addresses the abuse he has received online throughout his career, some of it racial.

Surprisingly, he is sanguine.

"It's very hard to avoid. It's just part of the internet culture," he offers.

"You can turn it off completely and not go on social media, and then you'll avoid it to a certain degree. Obviously you might see racism in real life.

Latest music OUR PICK OF THIS WEEK'S

THE SUBWAYS
UNCERTAIN JOYS

Indie punk favourites The Subways start 2023 with a bang with their first album in eight years.

Opening track and single You Kill My Cool sees guitarist Billy Lunn and bass player Charlotte Cooper swopping vocals over a heavy guitar riff. Love Waiting On You has the classic Subways sound harking back to the heyday of Noughties indie.

Themes range from love through to politics with the angry Fight about BLM and toppling statues.

A rescheduled headline tour starts this month, and it is good to have The Subways back.

ALBUM OF THE WEEK

THE MURDER CAPITAL
GIGI'S RECOVERY

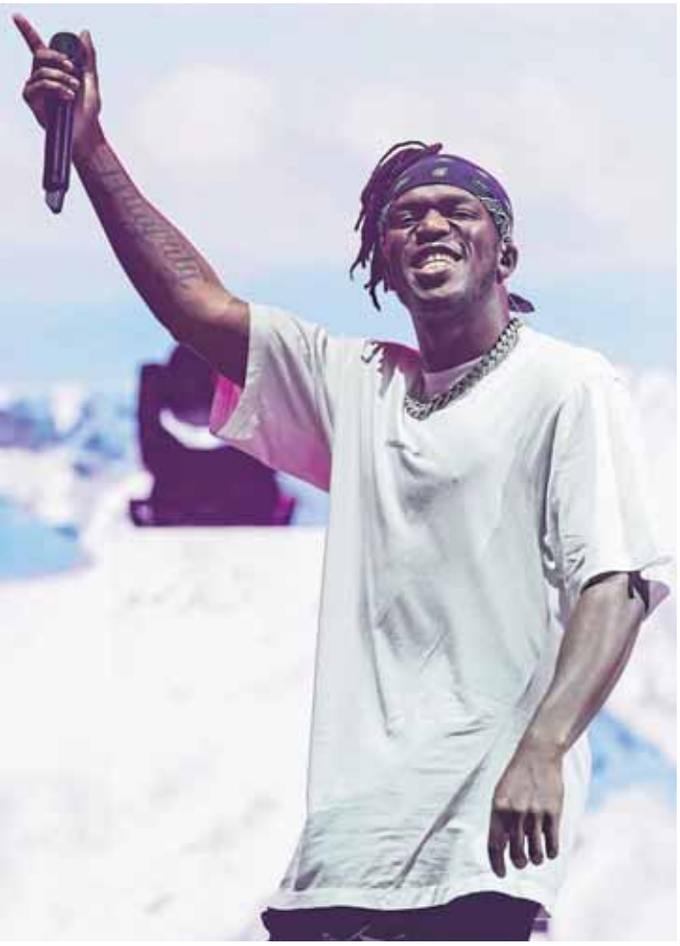
After two years of self-reflection and discovery, The Murder Capital return with their second offering, the stunningly atmospheric Gigi's Recovery.

The Irish quintet have made a move to distance themselves from the abrasive gloom and aggressive post-punk presentation that was prevalent on their debut album When I Have Fears. The result is a resounding success of expansive soundscapes and maturing lyricism that bravely explores new territories.

Whereas their first record was about grief and loss, their second emanates hope and looking towards the future. Evidenced through Only Good Things and standout track Ethel, in which frontman James McGovern advises, "You better get it right, one chance at this life".

The band's investment in synthesizers pays dividends on The Stars Will Leave Their Stage, while Belonging sees them offer their most gentle, melancholic number yet. And there is still room for energetic guitar duels between Cathal Roper and Damien Tuit through songs such as Return My Head and A Thousand Lives.

The 12 tracks on Gigi's Recovery manage to maintain the brooding intensity they were first associated with, while evolving into new soundscapes.



"I know that after a while I kind of just got used to it. And not that that's a good thing but it's one of the things that helped me get through it.

"I just stopped caring what people would say when they were being racist to me, or this and that.

"I wouldn't care. I would just continue doing my thing. And I would just let my successes p*** them off more. I don't let it get to me. I like not giving people that power, power over words."

● **KSI: In Real Life launches on Prime Video on January 26.**

NEW TO STREAM

EXTRAORDINARY

8 EPISODES, FROM JANUARY 25 ON DISNEY+

COMEDY/DRAMA/FANTASY

Inheriting superpowers is the norm, not a privilege of the chosen few, in an irreverent comedy drama from the producers of Killing Eve.

Created by Emma Moran, Extraordinary focuses its laser vision on 25-year-old Jen (Mairead Tyers), who lives in a world where everyone has a special ability.

Jen is an exceedingly late bloomer in that regard because she has yet to exhibit any notable powers.

To help, flatmates Carrie (Sofia Oxenham) and Kash (Bilal Hasna) conceive madcap schemes to coax Jen's superpowers into existence.

TRUTH BE TOLD – SEASON THREE

8 EPISODES, APPLE TV+

DRAMA/THRILLER

Based on Kathleen Barber's novel, the drama welcomes Octavia Spencer back as feisty podcaster Poppy Parnell for a pursuit of justice on US soil.

Poppy becomes frustrated after several black girls go missing but the press ignore the story. To keep victims' names in the forefront of people's minds, Poppy aligns herself with a crusading school principal (Gabrielle Union), who is not shy about making headlines.

Away from the cameras, Poppy pursues different lines of inquiry, including one troubling theory that the girls may have been snatched by a sex-trafficking ring.

Fears grow in isolation

WATCHER (15)

BUY, DOWNLOAD OR STREAM AND FROM FEBRUARY 6 AVAILABLE ON DVD

THRILLER/ROMANCE

Actress Julia (Maika Monroe) and husband Francis (Karl Glusman) relocate from New York to Romania, his mother's homeland, for a promotion for his marketing company.

They move into a spacious apartment with large windows overlooking a courtyard and a similar block of flats.

Francis spends long hours at work.

Thankfully, next-door neighbour Irina (Madalina Anea) speaks English and is sensitive to Julia's feelings of isolation.

Alone in the apartment, Julia notices a man across the street staring at her.

She learns the capital is in the grip of a serial killer and Julia fixates on the possibility that the neighbour opposite, Daniel Weber (Burn Gorman), might be the perpetrator.

Watcher is an unsettling horror thriller, which revels in suggestion and paranoia.

Writer-director Chloe Okuno's stylish study of psychological disintegration nudges an increasingly unhinged heroine to the brink of breakdown as she questions her intuition in a foreign country where she barely speaks the language.

Monroe hits every emotional beat as an

outsider who fears no one will hear her cries if her darkest fears are realised and she is being stalked by a killer on the hunt for his next victim.

Her character is dragged through the wringer and Gorman perfects a chillingly silent stare that could be social awkwardness or something sinister.

Cinematographer Benjamin Kirk Nielsen takes notes from Kubrick and Polanski to mine terror from wide, open spaces.

Nowhere is safe.

BLING EMPIRE: NEW YORK

8 EPISODES, NETFLIX

DOCUMENTARY/ROMANCE

In less than two years, we have been treated to three helpings of the glitzy docu-drama Bling Empire, which stokes tension between the wealthy Asian-American residents of Los Angeles.

This east-coast spin-off observes similar petty jealousies and rivalries among the rich and fabulous of New York City.

Competition for power is fierce among the featured socialites and power brokers including Tina Leung, Richard Chang, Vika, Blake Abbie, Dorothy Wang and Lynn Ban, who are used to bluntly speaking their minds and puncturing overinflated egos.

NCIS: LOS ANGELES – SEASON 14

FROM JANUARY 22 ON NOW

ACTION/THRILLER

At the end of the last series of the drama based around the Naval Criminal Investigative Service, Senior Field Agent G Callen (Chris O'Donnell) proposed to his girlfriend Anna (Bar Paly) to the delight of the rest of the squad.

He will need to draw strength from that bond when NCIS: Los Angeles returns with a bang – specifically the bombing of a drone facility.

Elsewhere, Special Agent Kensi Blye (Daniela Rush) and her husband, NCIS Investigator Marty Deeks (Eric Christian Olsen), face tough decisions about their Guatemalan foster daughter Rosa (Natalia Del Riego).

NEW RELEASES

JOHN CALE

MERCY

With a career spanning six decades, John Cale bursts back on to the scene with his first new album in 10 years.

Through this chilled-out record, the founder member of the Velvet Underground reimagines how his music sounds, using swathes of electronica.

On Story Of Blood, Cale conjures a smooth, dark, edgy wall of psychedelic synth. Meanwhile, Time Stands Still lyrically evokes a sense of vulnerability.

Mercy demonstrates Cale's ability to capture stark emotion through his music-making genius.

DAVE ROWNTREE

RADIO SONGS

Blur drummer Dave Rowntree is a busy man – he's been a lawyer, councillor, light aircraft pilot and composer, and is preparing for Blur's gigs at Wembley Stadium.

It is unclear why he's decided that now is the time to unveil his debut solo work, but this is an accomplished album.

1000 miles is a tender love song and the catchy London Bridge is the most likely to be played on the radio.

The album really comes into its own on the final three tracks, Black Sheep, Volcano and Who's Asking, haunting electronica with a cinematic feel.

Manga masterpiece

GAME OF THE WEEK

ONE PIECE: ODYSSEY

PLAYSTATION 4/5, XBOX ONE/ S/X, PC, £59.99

One Piece: Odyssey continues the 25th-anniversary celebrations of one of the biggest manga series in the world.
This time, Monkey D Luffy and his gang of Straw Hat pirates are marooned on an island where they lose their powers.
In the quest to restore their abilities, the crew must relive past adventures, battling many foes along the way.
Featuring the manga's original Japanese voice actors, One Piece: Odyssey is a stunning game. The beautiful artwork awash with the style's signature bright colours makes exploring the island a real visual pleasure.
Combat is more strategic here and players must choose their crew wisely.
Skip to the end: If you're new to the One Piece world, much of the charm of the characters will be lost on you, but as an RPG, it's a solid offering well worth checking out.

NINJA MUST DIE

MOBILE, FREE

A fun mission-based runner with creative obstacles
If you loved Temple Run back in say 2012, this dynamic equivalent is seriously good for passing time. With beautiful graphics, a landscape layout for a more hands-on gaming experience, and a brilliantly engaging score, this is a really nice little game. You could easily play this for ages on the train, and it is easy to pick up with a great storyline you can pay attention to, or ignore – the game is still fun.
Skip to the end: For big bosses, and endless running, this is a really exciting addition to the mobile space.

CHASING STATIC

SWITCH, £14.99

This is a nicely playable retro horror game where you, as Chris (with unusually credible voice acting), must work out what has happened in a creepy part of the Welsh countryside.
This involves the usual wandering about in a fairly confined environment and looking for items to solve puzzles. What lifts this a little above the crowd is the cool reliance on audio, which is really what provides the scary moments. Using a sort of radar device, you need to follow increasing static to discover creepy echoes of past events. This feature is great, with the only gripe being that had better use been made of it, the game would be even more enjoyable.
Skip to the end: Some good ideas and enjoyably retro – just a shame there isn't a bit more to it.

‘Harrison hilarious’ as shrink

Anyone who’s had therapy has probably wondered at some point: What does my therapist really think? What’s going on in their world or head right now?

It’s fertile ground for a TV series – which is exactly what Shrinking, a new 10-part comedy landing on Apple TV+ this month, is built around.

With Hollywood big-hitters Jason Segel and Harrison Ford leading the cast, and co-created by Segel plus Bill Lawrence and Brett Goldstein (both part of the talent behind the Emmy Award-winning comedy-drama Ted Lasso), expectations are high.

It follows a therapist named James (Segel) whose life has been thrown off course by grief. Ignoring all the rules and ethics he’s been trained to follow, he begins telling his clients exactly what he really thinks – with some dramatic consequences for both them and him.

The premise came about after Lawrence and Goldstein got chatting in the pub one day and discovered they’d both been mulling over similar ideas.

“I had a version of this show that was much, much darker, and Bill had a version that was much lighter,” Goldstein explains.

BY ABI JACKSON AND MIKE BEDIGAN

“We were talking about it and went, well, let’s put them together – it might actually be the best version of this.”

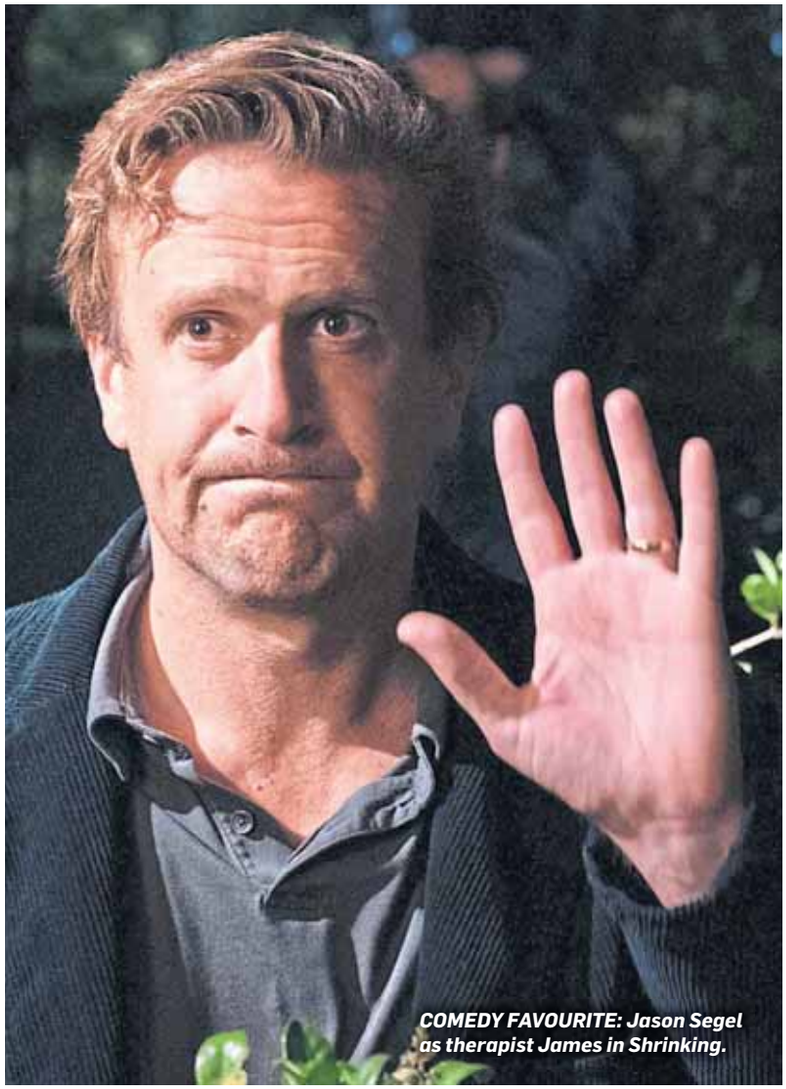
Some of the inspiration “comes from real life,” Goldstein adds. “Also, I think therapy is very important, and I think it has inherent dramatic state to it, because the best comedy and the best drama at the end of the day is about people – and therapy is really about people.

“And the intimacy of a relationship between a therapist and their patient is incredibly unique, and yet has boundaries and they’re not your family, they’re not your loved one, they might know you better than anyone, they might not. All of that is just interesting.”

Lawrence notes how he and Goldstein shared an interest “in the world of therapists because we’re both in therapy – and it’s kind of stigmatised”, he adds.

“But more importantly, we wanted to do a comedic show about grief. Because we found that in our lives – Brett’s father has Parkinson’s, as does Harrison Ford’s character (in the show, he plays fellow therapist Dr Phil Rhodes), and my father has something called Lewy bodies, which is a kind of dementia – and so it doesn’t matter where you are in your life, almost everybody right now, in a post-pandemic world, is tangentially dealing with some kind of grief or trauma.

Hollywood legend Harrison Ford stars as therapist Dr Phil Rhodes in the 10-part series.



COMEDY FAVOURITE: Jason Segel as therapist James in Shrinking.

“The challenge for me was I love writing about that stuff comedically, because that’s how I treat it.”

Lawrence created Scrubs – the hilarious and hugely popular US hospital sitcom that ran from 2001-2010 – and recalls how that was a hard sell at first.

“The amount of people that were like, ‘You can’t do a funny, silly show that then has people dying!’ And I was like, ‘I think I can, if I just play in a sad indie song and turn the lights down, you know?’”

After joining up their therapy-themed ideas, Lawrence says Segel came on board to create Shrinking as he too was looking “to do a comedy with some emotional depth, and it just clicked”.

Segel’s character is depressed and unravelling – which executive producer Neil Goldman, also a writer on the show, suggests is not really as far-fetched as it might seem.

“Therapists are human too, and so also flawed,” Goldman observes. “A lot of the times they go into it because they’re pretty messed up, at the end of the day.”

There’s a particular relatability within mental health themes too – “Everybody now can tap into those feelings of wanting some sort of outlet, some type of help”, Goldman adds.

Shrinking marks Ford’s first time leading a TV series – and at 80 years old, the first time he’s really shown off his comedic side.

“He’s funny,” Goldstein enthuses, admitting it’s “insane” they managed to get the Indiana Jones star on board for the project. “And I think he was very excited as well, because I don’t think he’s had enough opportunity to show that he’s funny – and he is funny.”

What was it like for Segel sharing the lead with the movie legend?

“Well, it’s interesting – it’s actually a great juxtaposition because Harrison Ford is an idol and you are naturally in awe of Harrison Ford. There is a ton Harrison Ford has over me, including raw masculinity,” he says, laughing.

“But I’ve also been doing comedy for a long time, I have this weapon on my side. So I had this thought, like ‘OK – this guy may be a potentially much, much better actor than I am, and a much more heart-throbby kind of man, but I want to be funnier than Harrison Ford’.”

“And then this guy turns out to be hilarious! And so you’re just kind of outmatched at every turn by Harrison,” Segel adds with a grin.

“But I was very happy for that. I literally got very, very lucky.”

SHRINKING

THE FIRST TWO EPISODES ARRIVE ON APPLE TV+ ON FRIDAY JANUARY 27, FOLLOWED BY ONE NEW EPISODE WEEKLY

CHALLENGE This series' recruits for SAS: Who Dares Wins.

Jungle jeopardy for

Recruits face jungle terrain in Thung Ui, Vietnam.

Foxy (Jason Fox) and Billy (Mark Billingham).

SAS: Who Dares Wins is back – and the latest season serves up its toughest course yet, warns show veteran Mark "Billy" Billingham.

Switching up the terrain to tackle jungle hell, the Channel 4 reality show – in which an elite team of ex-special forces operators lead recruits through the punishing SAS selection process – will, this series, take 20 recruits to the thick and tangled brush of Thung Ui in Northern Vietnam.

And it's certainly going to be an authentic experience, says Billingham, who, having spent half of his 27-year military career in the jungle, has been appointed chief instructor in the six-episode run.

"I knew I could no longer steer the ship from the back. I needed to take the reins and use my knowledge and experience to take the course to a new level," the 57-year-old remarks of his new position.

"And this is a true survival footing from the start – it will start in a serial mode, tackling the environment, the climate, the creatures and, of course, the DS (directing staff)," he teases.

"As chief instructor, I will bring the fear of the unknown and be unwavering in challenging the recruits physically and mentally."

BY GEMMA DUNN

Joining him in the testing process is returnee DS, Foxy (Jason Fox), Rudy Reyes and brand new member of the DS team Chris Oliver, a former special forces operator.

But in a terrain where only the toughest can survive – "It will break you physically and emotionally if you are not mentally prepared" – there's plenty at stake.

We're already invested. What else can he tell us before we dive in?

THIS YEAR CERTAINLY LOOKS DIFFERENT FROM PREVIOUS SERIES. WHAT CAN THE RECRUITS EXPECT FROM THEIR JUNGLE EXPERIENCE?

The jungle is a total sensory overload and we're taking the recruits into jungle hell. It doesn't matter how often you have heard about it in war stories or seen it in TV programmes or films, there is nothing like experiencing it. Visually, it's incredibly intimidating because everything looks the same. The smells are unlike anything you have ever known. The sensations of extreme heat and humidity are draining. The noise from the trees and creatures is often deafening, leaving little space to find tranquillity in your mind.

HOW DOES THUNG UI COMPARE WITH OTHER JUNGLE TERRAINS?

Vietnam is an extraordinary type of jungle. It's very mountainous, with challenging terrain under a humid canopy, creating claustrophobia and fear. It's home to some of the deadliest creatures on the planet, combined with unpredictable weather systems, including typhoons and flash flooding.

YOU'RE THE NEW CHIEF INSTRUCTOR THIS YEAR. HOW DOES YOUR EXPERIENCE MAKE YOU MOST QUALIFIED TO STEP UP TO THIS ROLE?

My military career started back in 1984 in the unforgiving Belize jungle. I have served operationally in the jungle and as the senior military instructor in the world's number one international jungle training school in Brunei. There is one truth about the jungle – it does not like you. It wants to bite, sting and fall on you from a great height. We wanted this to be the most authentic, professional and demanding course to date, so with my unprecedented jungle warfare experience, it made sense to move me to the position of chief instructor.

IS THE COURSE TAILORED TO ANY PARTICULAR

The recruits take to the water, but what dangers await them?

Rudy Reyes, Chris Oliver, Billy (Mark Billingham) and Foxy (Jason Fox).

recruits

MISSION FROM YOUR MILITARY CAREER?

The course was devised from one of my first experiences of operating in the jungle. I will take the recruits on a similar journey from being paralysed by fear and tasting the dangers of this brutal environment, to learning how to navigate and embrace the unforgiving terrain.

WHAT ADVICE DO YOU HAVE FOR NEW RECRUITS?

Each recruit will have to give 100% all the time. The recruits will be challenged on their capability and pushed a little further. They must be prepared to go physically, emotionally and mentally beyond any place they have ever been. We are not looking for an image. We are not looking for the fastest or the strongest. We are looking for individuals who can show resilience, integrity, grit and determination. We want to find the recruit who is an authentic version of themselves so that when everyone and everything around them is falling apart, they can think outside the box and find a solution, not an excuse. And finally, we are looking for a person who we can train to be an operator and trust side by side.

ARE THERE SOME NEW TASKS FOR THEM TO 'LOOK FORWARD TO'?

We have many new tasks, including a hostage threat in a built-up environment, unconventional abseiling, instinct patrol and close-quarter battle decision-making.

YOU ALSO HAVE A NEW MEMBER OF THE DS. WHAT CAN YOU TELL US ABOUT CHRIS?

Chris will bring new individual talent and valuable knowledge from which the DS and recruits will benefit. Having Chris support me and the rest of the DS will, without a doubt, make this the most brutal show to date. I know Chris brings a proven operational past, as I was his chief instructor during special forces training over a decade ago.

IN YOUR OPINION, WILL THIS SERIES BE THE TOUGHEST YET?

Every time we do the course, it gets tougher and better based on the lessons learned from the ever-changing experiences. We follow the ethos of the real SAS – the unrelenting pursuit of excellence.

SAS: WHO DARES WINS

RETURNS TO CHANNEL 4 ON MONDAY JANUARY 23

THIS IS YOUR BINGO GAME FOR THE WEEK AHEAD, KEEP IT SAFE!

Evening Telegraph

£250 WEEKLY BINGO

HERE'S THIS WEEK'S BINGO GAME, FIND TODAY'S NUMBERS ON PAGE 13 OF YOUR Weekend Telegraph

HOW TO PLAY:

A selection of numbers will be printed in the Evening Telegraph daily. If any numbers published in-paper appear on your bingo grid here – mark them off! When you've marked off all 15 numbers on your grid for the game in play, you can make a claim for that game and the £250 weekly prize money. The first person to claim on a full house will scoop the £250 jackpot. In the event of more than 1 winner on the same number then the jackpot will be split between the winning players.

WANT MORE CHANCES TO WIN? There's a different bingo game in every copy of Seven

HOW TO CLAIM:

■ **To claim a full house prize, you must call the claim line on**

01224 343187

before 10am on the Monday following the final numbers being printed on Friday.

Maximum of five claims paid out per week. First five claims will be honoured. If you are a digital subscriber and wish to play, please call **01224 343187** to arrange your card.

When calling to claim, please leave a message with your contact details and quoting the unique code from your bingo grid.

UNIQUE CODE	DATE	GAME

TERMS & CONDITIONS: Persons under the age of 18 are not permitted to take part in the weekly bingo. Please see the website for full terms and conditions: **www.thecourier.co.uk/competition-terms/**

Evening Telegraph

HOME AND AWAY: Xander tries to be more spontaneous with Stacey.

Cure for wedding worries wanted

OUR ROUND-UP OF ALL THE BIG SOAP ACTION FOR THE WEEK AHEAD

EASTENDERS

Lola and Jay's wedding is looming, but the bride-to-be isn't sure she can even face the hen party until a makeover from Kim and Denise gives her back her confidence.

Her cold feet could return though when she later catches Billy and Jay going through her phone, and then develops new symptoms on the morning of the wedding. After going to the hospital to get checked out, Lola tells Kim that she doesn't think she can get married that day.

Meanwhile, Billy is on his own pre-wedding mission as he tracks down Lola's mum Emma (played by Patsy Kensit) to invite her. Will she agree – and even if she does, will there be a ceremony for her to attend?

Martin realises Ricky Jnr is the father of Lily's baby, leading to a showdown between the Brannings and the Fowlers. However, Phil and Kat are more shocked that Sam doesn't seem to be letting a little thing like her young son becoming a father derail her plans to move to Germany.

Plus, Sonia receives an inheritance tax bill.

CORONATION STREET: Blake films himself making a racist rant inside Speed Daal.

CORONATION STREET

Max watches Blake protesting outside Speed Daal, where a refugee drop-in session is set to take place. Matters take an even darker turn when he enters the venue – and makes a beeline for organiser Maria. Afterwards, Blake reveals it was Max's videos that inspired his attack, and it isn't long before the police come calling at the Platt household, where the teenager is arrested on suspicion of incitement to murder.

Fiz receives a surprising offer from Sally after admitting her love life is a little lacklustre, while Evelyn keeps an eye on Tyrone – she's convinced he's having another affair.

Chesney uses the wedding fund to launch his new burger business, leaving Gemma, whose own dream of becoming a BSL-friendly childminder lies in tatters due to a lack of qualifications, feeling particularly despondent.

Daisy is confronted by Justin and her mother, Hope's pet meets its maker and Carla is impressed by Stephen's team spirit.

EASTENDERS: Bride-to-be Lola visits the hospital over pre-wedding 'cold feet' issues.

EMMERDALE

Priya is gripped by fear when a veil catches fire at a Take A Vow event. However, when she later explains to a client that her inaction was down to past trauma, he's impressed enough by her honesty to offer her a job in London.

Sadly, what she doesn't know is that he'd previously offered the position to Leyla, who was under the impression she still had time to think about it and accuses her partner of sabotage.

However, it's David who has the worst reaction to the news as, fearing he's about to lose his daughter, he snatches Amba and takes her to a remote cottage. As Pollard and Jacob try to convince Priya not to go to the police, Leyla tracks David down, but it's clear the situation is spiralling out of control when he locks her in the bathroom.

Bernice suspects that Cathy's bad behaviour is down to more than just teenage angst, and Mary makes a disappointing foray into the world of dating. Cain fails to intimidate Caleb, Nicky is reluctant to act on his attraction to Gabby, and Will accuses Sam of theft.

HOLLYOAKS

Felix is shocked to discover that it's weeks since Mercedes was released from remand and considers hiring a private detective to track her down. However, John Paul correctly predicts that it's only a matter of time before she visits her favourite chippy.

Once he finds her there, Felix convinces her to come home and take responsibility for her actions – which means being in court for Bobby's sentencing. Goldie also agrees to come along, but will Bobby be heading for prison?

Mason is ready to go back to school, but it might not be his decision as someone starts a campaign to get him expelled. Honour is also worried when she discovers her son has plans to visit Eric in prison and decides to go in his place, but the meeting takes a disastrous turn.

Donna-Marie jumps to the wrong conclusion when Juliet calls a family meeting, and DeMarcus also gets the wrong end of the stick when Vicky tries to tell him she's leaving. Meanwhile, Shaq admits he's struggling to be in the village without Verity.

HOME AND AWAY

Remi can't keep away from Bree, but his concern for her safety begins to overwhelm her – his constant questions make her feel as if she's being interrogated. Eventually he agrees to back off, but their pair soon feel it's time to act on their mutual attraction.

Lyrik's latest gig is all set to take place at Salt and the band's members can't wait, particularly as an important journalist who could help boost their profile has promised to attend. Unfortunately, Kirby's ex-boyfriend Bob is still hanging around, and could put a dampener on the entire event – unless Kirby can persuade him it's time to move on.

After helping out Theo, Mackenzie realises she needs her own space. Xander tries to be more spontaneous with Stacey, and even considers opening up to her.

Felicity faces her guilt after her past catches up with her, Gary's policing impresses Rose, and Roo and Marilyn turn charitable.

EMMERDALE: Fear grips Priya when a veil catches fire.

Stacey Solomon will be helping families declutter and save cash in the second series of Sort Your Life Out.

Iwan Carrington.

Dilly Carter.

Stacey helping us to sort – and save

From the minute she springs into the room with an ear-to-ear smile, it is clear Stacey Solomon is as bubbly and charming in real life as she comes across on Instagram.

But the massive spike in costs in the UK, which is leaving households dramatically worse off, has her concerned and rushing to remind us of the vital role organisation can play in weathering the cost-of-living storm.

In the second series of her BBC show Sort Your Life Out, Solomon and her team of experts help families transform their homes with a life-changing declutter – but this series has the added addition of finding the best ways to be "as economical as possible".

The 33-year-old says a lot of people are trying to be frugal, but perhaps not doing it "in the most efficient way".

"For example, bulk buying, and then things are going off because they're not organised enough to utilise it. I think this year it's a lot more of a necessity to be organised because everybody's feeling that it's going to be really difficult for the next few years," she notes.

"And so we're not just looking on the show at how do we organise just to make you feel good and get your life back on track, but also how do we organise and then help you for the future, how do we help you be more economical, save on your washing machine bills and your laundry bills by being organised."

Solomon, who rose to fame after finishing in third place on the sixth series of the X Factor in 2009, says there's a lot more "urgency" in being organised compared with the first series of her popular TV show – given the forecast that the UK is set to plunge into recession.

She explains: "When you're watching the electricity prices go up and petrol go up, you're just thinking, 'I have no control over this and it is a really scary situation'."

One of the families Solomon helped for the second series of Sort Your Life Out had a "small fortune" hidden among their clutter, Solomon noted.

"Clutter costs money. We found an obscene amount of cash in their house that they just didn't know about, and they were struggling and it made a huge difference, like a real huge difference.

"That is the cost of clutter, it can literally lose you money on a daily basis. It can be in the back of your jean pockets, fall out and you won't ever find it again or it will be in a bag that you have shoved to the back of a wardrobe and never see again. That's physical money that people are losing."

Solomon, who is married to former EastEnders star Joe Swash and pregnant with her fifth child, says she is worried about the increasing prices affecting her family and called it a "scary time" for everyone.

"Unless you're from a background where you know for the rest of your life you're inherently rich, these times are scary. We don't have stable jobs, we know that we could have work today and never a job again tomorrow. That is the fickleness of our industry," she says.

"I said to Joe about the electric prices and the gas prices, I said we need to think of something because we can't sustain our wage forever.

"As much as people think we don't have to think about the cost-of-living crisis, we absolutely do, it's a massive part of our lives and if we're worried about it, then everybody is in that same situation and it's just scary times.

"So if there's anything you can do in terms of simple everyday changes that you can make that will save a substantial amount of money, let's just do it, that's got to be the best option."

The TV personality, who hails from Dagenham, east London, has made a name for herself on Instagram in recent years, all thanks to sharing her organisation tips, storage hacks and upcycling projects to her 5.5 million followers.

Solomon said her favourite part of Sort Your Life Out is transforming a home almost exclusively through upcycling and making a "massive point" of recycling next to everything the family decide to part with to ensure it has "a life beyond when we let it go".

She adds there are many things in her own home that provide her with a sense of

BY ELLIE IORIZZO

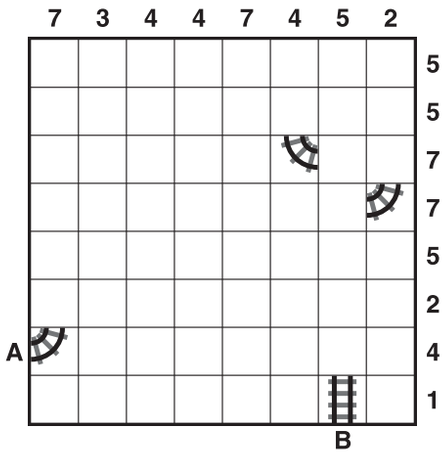
Stacey with her husband, former EastEnders actor Joe Swash.

PUZZLES

FOUR PAGES OF FUN START HERE

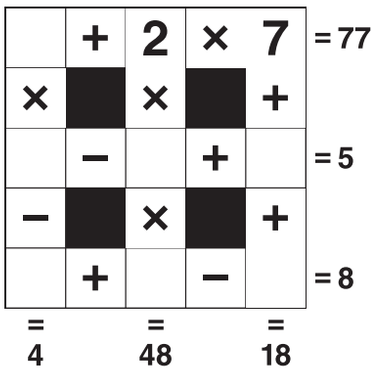
MAKE TRACKS

Lay tracks to enable the train to travel from town A to town B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.



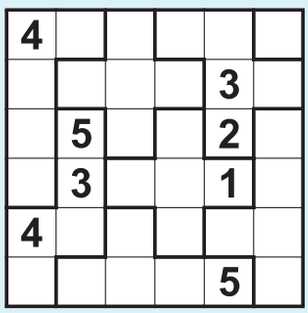
SET SQUARE

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you with two numbers.



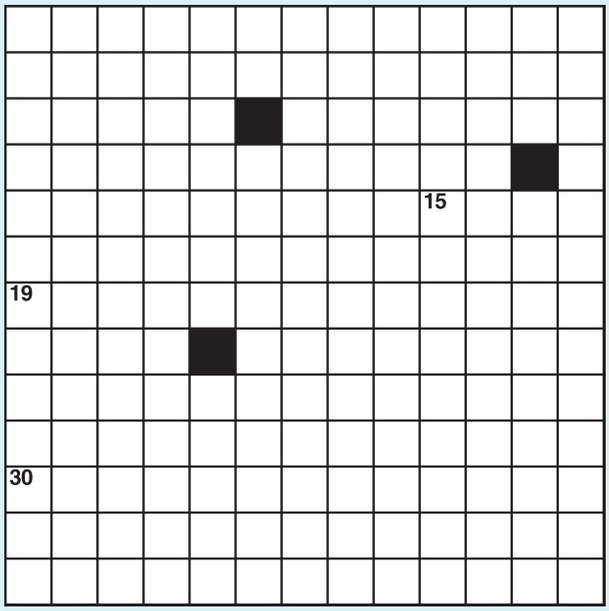
SUGURU

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. The same digit must not appear in neighbouring cells, not even diagonally.



SKELETON

With this puzzle the black squares have to be filled in as well as the words to form a grid with a symmetrical pattern. We have placed some squares and numbers to get you started.



ACROSS

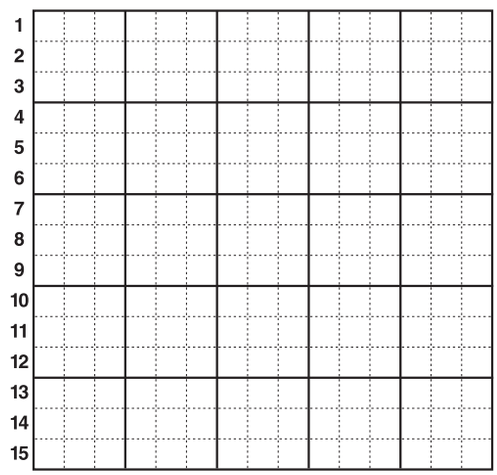
1 Local authority edict
5 Verve
8 Of the same amount
9 Mid-sentence mark
10 Expunge
11 Equate
12 Medieval slave
15 Leather waistband
17 Digit on the foot
19 Cellphone
20 Whichever person
21 Bird akin to the ostrich
23 Come face to face
25 Infrequent
28 Prison warder, informally
30 Serious play
31 Measuring stick
32 Spicy tomato sauce or dip
33 Plant dressing
34 Glass sealant

DOWN

1 Male antelopes
2 Monkey-like animal
3 Lash mark
4 Bird whose call sounds like its name
5 Scottish valley
6 Look hard
7 Unconcealed
13 Call forth (a picture of)
14 Impose, force
15 One who purchases
16 Cruise ship
17 Golfer's starting point
18 ___ de nil, pale green colour
22 Esprit de corps
23 Counterpart of 'sir'
24 Send a message via computer
26 Distribute in portions
27 Before time
28 Sliding window frame
29 Enclose in paper

PIECEWORD

With the help of just the Across clues, fit the pieces in the grid to form a crossword that is symmetrical, left to right and top to bottom.



ACROSS

1 Variety of birch • Walked
2 Era • Light, ethereal
3 Force, shanghai • Important school assessment
4 Clean (fish)
5 Snugly warm • Frostier
6 Had debts
7 Rose variety • Even though
8 Downy duck
9 Chopped, cut • Swirled round
10 White graceful bird
11 Steps over a field's fence • Pretending
12 Egg-laying bird
13 Observed • Piece of worthless jewellery
14 DIY implement • Ox-like antelope
15 Additional tax • Ride a bike

MORE BRAINTEASERS OVER THE PAGE • SEE BACK PAGE FOR ANSWERS

PUZZLES

SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3x3 box. This is a logic puzzle, and you should not have to guess.

EASY

		7	2		6	8		
			4	3	7			
4		1				5		6
		3		9		4		
		9	5		2	1		
9								2
5		4	9		3	7		1
7			1		5			8

MEDIUM

			7					1
		1				6		
	3			9				
4						9	3	7
		9			7			
				1	3		2	5
	6		4				8	
			2		1	5	7	
1			3		5			4

HARD

6			5			1		
					2		3	
						8	6	5
4					3	7		
						9		
	5		2				4	
1		2	9	8			7	
	7	9			1	2		
		5						9

CROSSWORDS

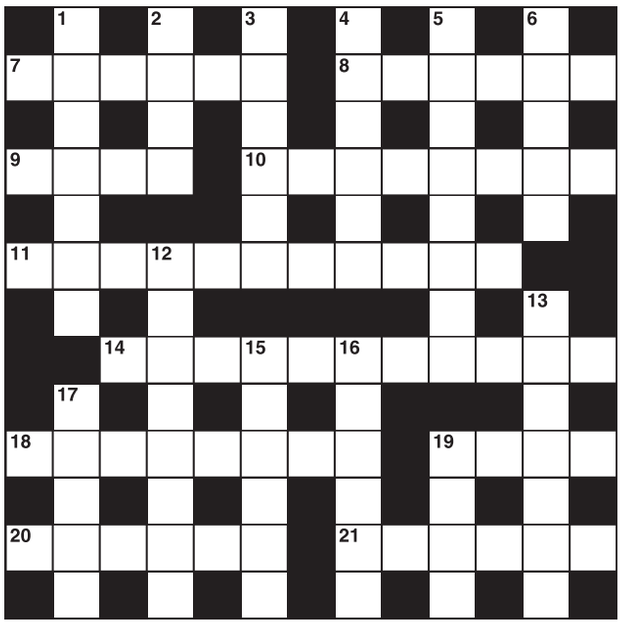
CRYPTIC

ACROSS

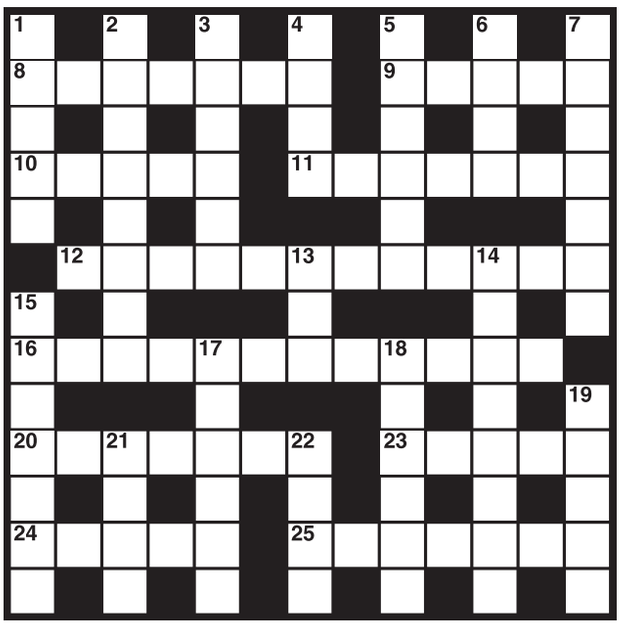
7 Cite article two out loud (6)
8 Get the better of unfashionable humorist (6)
9 Cooking oil covering new floor covering (4)
10 Elite Rod, confused, hung around (8)
11 Soldier is average clumsy operator (11)
14 Fairground thrills where a throng sits, jittery (5,6)
18 Summary of a bird's prospect (8)
19 Petri dish filler from Niagara (4)
20 Snatch sleep after tease (6)
21 Cavalryman's terribly clean. Right! (6)

DOWN

1 Seafarer's alarm I'd set off (7)
2 Advice updated to one starting vehicle (4)
3 Wine store in which vendor is heard (6)
4 Do time with first of offences, it's spotted (6)
5 Create confusion after film and so on (2,6)
6 Set with explosives – take care, you hear! (5)
12 Then dare wildly to be a follower (8)
13 In theory, mush in US city is over (2,5)
15 Mean little devil in blue (6)
16 Absorbent cloths wet so left, perhaps (6)
17 Make use of a disguise, we hear (5)
19 Girl going back and forth (4)



QUICK



ACROSS

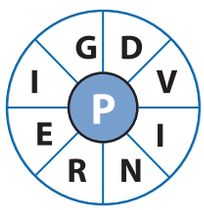
8 In loving mood (7)
9 On a couple of occasions (5)
10 Brag about (5)
11 Drilling frame (7)
12 Small red salad ingredient (6,6)
16 December 25 (9,3)
20 Brand-name chocolate biscuit (7)
23 Brand-name photocopier (5)
24 Arrive at, get to (5)
25 Curdled (7)

DOWN

1 Forgo (5)
2 Writing partner (2-6)
3 Pad for rough notes (6)
4 Accustomed (4)
5 Hi-fi (6)
6 Cableless internet (2-2)
7 ___ publishing, computer-based printing (7)
13 Potato-like tuber (3)
14 Cheerful readiness (8)
15 Royal mace (7)
17 Weepy, sentimental (6)
18 Church officer (6)
19 Emit, give off (5)
21 At no great distance (4)
22 Part of the body where whiplash pain is felt (4)

WORD WHEEL

Using only the letters in the wheel, find as many words as possible - no plurals, foreign words or proper nouns. Each word must be of three or more letters and all must contain the central letter. Letters can only be used once in every word. There is at least one nine-letter word.

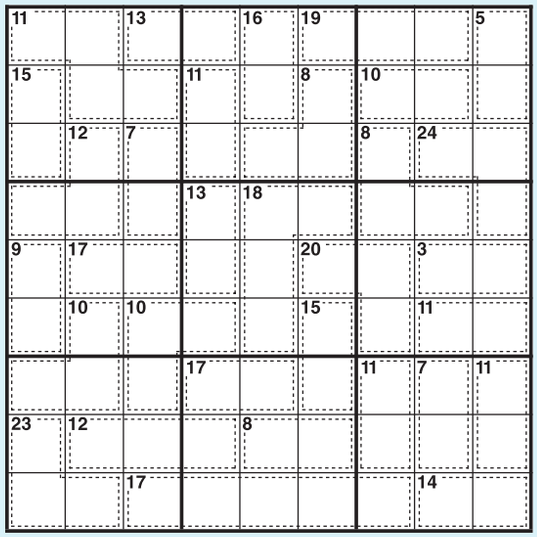


How you rate:
9, average; 12, good;
14 or more, excellent

HOW WELL HAVE YOU DONE? • SEE BACK PAGE FOR ANSWERS

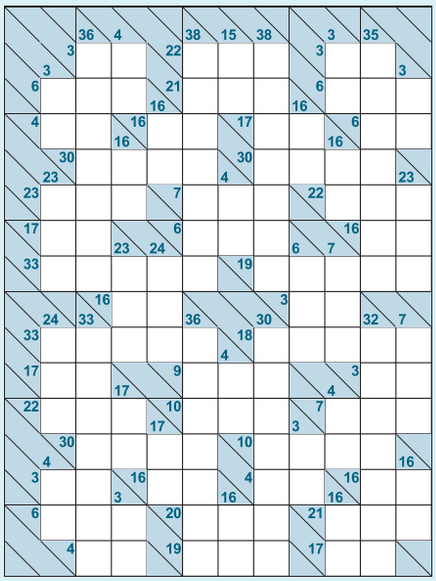
KILLER SUDOKU

Just like conventional Sudoku the aim is to fill each row, each column and each 3x3 box with all the numbers from 1 to 9. Your clues are the numbers in the dotted-line shapes, which represent the sum of the numbers within that shape. The same number cannot be used twice within a dotted-line shape.



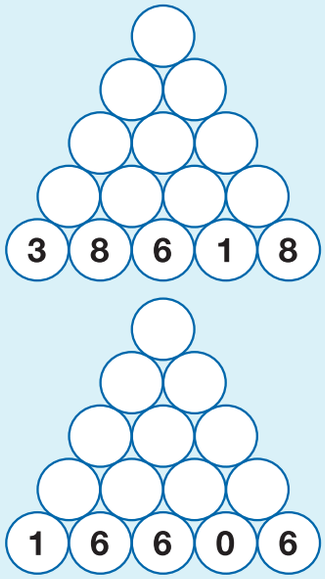
KAKURO

Fill in the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. The same digit may occur more than once in a row or column.



ADD UP

If the number in each circle is the sum of the two below it, how quickly can you figure out the top number? Try this one in your head, before writing anything down.



WORDSEARCH

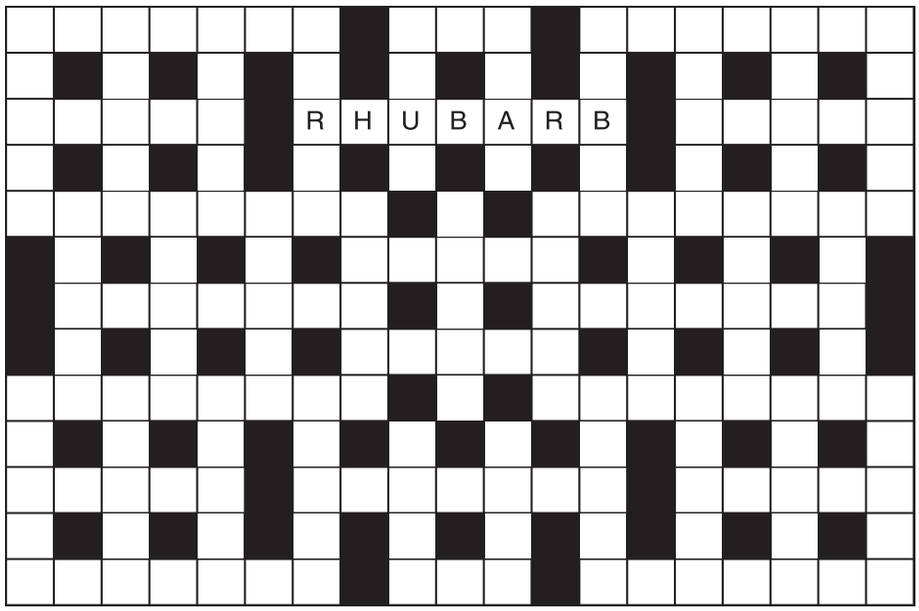
The listed words related to mousse can all be found in the grid. Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

E	X	C	N	S	K	N	D	N	N	Y	P	D
T	A	N	A	S	U	E	O	E	A	F	B	I
A	U	S	I	R	S	G	T	E	W	F	N	S
R	T	H	E	S	A	A	A	O	H	U	A	H
O	W	L	E	T	L	M	T	R	I	L	E	N
C	D	R	E	O	I	R	E	N	P	F	O	E
E	T	A	C	M	P	H	O	L	P	M	C	F
D	T	O	S	T	R	A	W	B	E	R	R	Y
R	H	S	K	L	O	Y	I	L	D	U	E	I
C	E	S	U	A	N	S	E	R	I	O	A	D
R	T	G	I	A	B	E	G	T	Y	N	M	S
K	O	G	L	W	O	B	G	N	I	X	I	M
R	T	E	I	A	C	H	I	L	L	E	P	N

AIRY
CARAMEL
CHILL
CHOCOLATE
CREAM
DECORATE
DESSERT
DISH
EGGS
FLUFFY
FRUIT
LEMON
MELT
MIXING BOWL
STRAWBERRY
SUGAR
WHIPPED
WHISK
WHITES
YOLKS

FITWORD

There is only one way to place the listed words in the grid. Can you do it?



3 LETTERS
FOB
HEN

4 LETTERS
BLAB
FAUX
RUSH
STUN

5 LETTERS
AIRER
ALOOF
APRIL
ARENA
AVERT
CHIDE
CHIEF
CREAM
DOMED
GLACE
IGLOO
LAPEL
LARGE
LISLE
ORATE
PEDAL
PRISM
RABBI
RECAP
RELAY
ROSTI
SALSA
SALVO
SNEER
TAUNT
TEMPO
TEPID
THYME
TINGE
TRACE
VERVE

7 LETTERS
AMATEUR
CASSATA
POUSSIN
PURPOSE
REDHEAD
REVISIT
~~RHUBARB~~
SAUNTER

8 LETTERS
FOOTFALL
LATTICED
LITERATE
RESETTLE

PUZZLES

ANSWERS AT BOTTOM OF PAGE

ARROWORD

Follow the arrows to fill in your answers

Adornments, paraphernalia		Motel in *Psycho*		*Mona* __, Leonardo painting	Answers	With heels raised (2,7)		Having no sons or daughters		Heston Blumenthal's medal (inits)	Prepare (3,5)
								Greedy person			
Test of performance (5,3)		Man's neckband				Set of people of common descent					
								Rent out			
Post-piste entertainment (5-3)		Tree's juice				Green shell containing peas				Historical periods	
			Artificial head of hair	__ for, choose				Away from the wind			
Badly lit		Ashen, pale				Sydney __ House, building					
				Jack __, TV comedian				Despondent			
Hybrid of citrus fruits		Fuel used for heating				Impudent					

PIECEWORD

With the help of the Across clues only, use the 25 pieces to recreate a symmetrical crossword in the empty grid.

ACROSS

2 Of water • Mythical beast similar to a horse

4 Clothes dummy • Verve

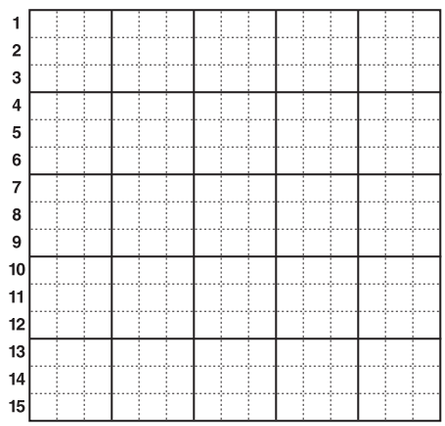
6 Fastened • Something that is accepted as true

8 Small blank greetings card • Small warship

10 Bringing back • Persons working or playing together

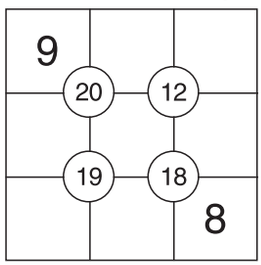
12 Counterfeit • Woman who looks after children

14 Strip off • Covetousness



SUJIKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding boxes.



SUDOKU

Place the numbers from 1 to 9 in each empty cell so that each row, each column and each 3 x 3 block contains all the numbers from 1 to 9.

Easy

		1			8	7		
				5	6			
	8		9		3			2
		7		6		1	2	4
			3		9		6	
	2			7		9		
	7				2			9
2	5	4	1			3		
	1							

Medium

		2		7		5	1	9
		9		5	1	4		
	9			8	7	1		
2				3				
	3			2	5	8		
		5		9	8	7		
		4		1		9	5	2

PATHFINDER

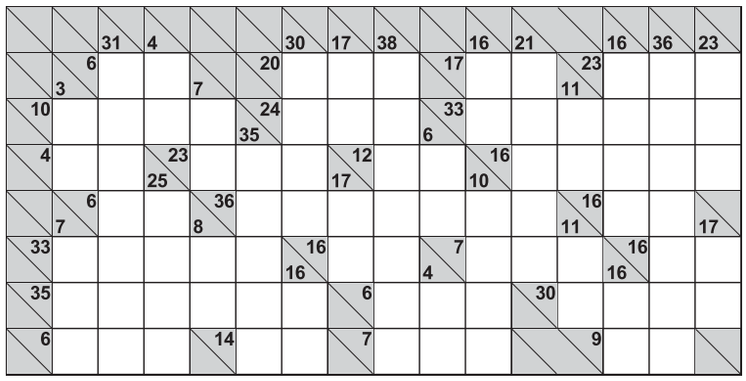
Beginning with the highlighted letter, follow a continuous path to find the listed words. The trail passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

O	P	R	P	O	M	A	N	D	E	R
R	P	E	L	I	D	A	M	P	M	E
D	E	N	O	E	S	S	A	H	A	S
K	L	E	R	S	I	K	R	O	C	S
C	U	C	I	P	N	A	V	A	E	E
Y	S	Y	M	O	O	W	L	L	C	N
E	N	O	I	D	H	E	A	E	Y	L
L	M	H	M	O	S	R	D	R	N	A
A	E	C	A	R	A	B	N	I	A	N
B	C	O	E	T	J	A	A	N	A	G
H	C	U	N	I	M	S	S	G	L	Y

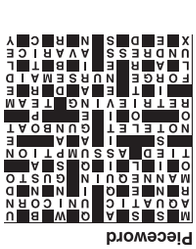
ANISE
BALM
CAMPHOR
COUCH
DAMASK
DROPPER
ESSENCE
HERB
HONEYSUCKLE
JASMINE
MIMOSA
NEROLI
POMANDER
SANDALWOOD
SPICY
TRACE
VALERIAN
YLANG-YLANG

KAKURO

Fill the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same number twice in a block.



SOLUTIONS

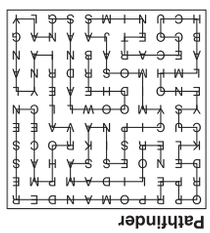


Piecework

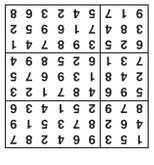
Kakuro

Sujiko
916
732
458

NEROLI, DAMASK, ANISE, SPICY, MIMOSA, JASMINE, TRACE, COUCH, BALM, CAMPHOR, POMANDER, ESSENCE, DROPPER, VALERIAN, YLANG-YLANG, SANDALWOOD, HERB



Pathfinder



Sudoku

Arroword

TOP TIPS: Stacey Solomon and the team lead the way in helping families sort out their homes and lives.

achievement when she looks at them and thinks "I did that" – including her daughter Rose's bedroom.

"I made her entire room myself, I upcycled a chest of drawers that were Rex's (her son's) and every time I open them I think this was Rex's and now it's Rose's which makes me happy," she says.

"I made her a flower wall, I did panelling on her wall and it was so difficult, I had to filler the life out of it, at the end I was nearly crying. I look at it now and think 'I did that wall'.

"I decorated a room for Joe in our house that I'm really proud of, it's his games room and I really love it. I'm really proud of what I did.

"I did some panelling, made a dartboard area and even screwing stuff to the wall I get really proud of because I don't think people realise how easy it is to use power tools – so long as you're careful, do your research and you have confidence, it's much easier than it seems."

Solomon has a bustling home in Essex, named Pickle Cottage. As well as a new addition on the way, she and Swash are also parents to one-year-old Rose and Rex, three, while she has two sons, 14-year-old Zachary and Leighton, 10, from previous relationships, and is also step-mum to Swash's teenage son, Harry.

Speaking about pressing the reset button after Christmas, she adds: "I would say to my family, please don't buy the kids presents, because they actually end up buying them tat – in the nicest way possible, not to be ungrateful.

"You've got to think where's this going to go, how am I going to use it, is it going to end up in landfill in five minutes' time.

"There's something so nice about resetting in January, I love getting to the end of the Christmas holidays and going 'That's it, I'm starting again'. New year, fresh start, clean slate, and it's almost like a reset button, which is nice."

STACEY SOLOMON'S SORT YOUR LIFE OUT

STARTS ON BBC1 AND BBC iPLAYER AT 9PM ON WEDNESDAY JANUARY 25

TELEVISION

THE BEST OF TODAY'S TELLY

CRITIC'S CHOICE

Fight the Power: How Hip Hop Changed the World
(BBC2, 9pm-10pm)

Not content with taking its name from a Public Enemy track, this new series exploring the rise of hip hop and the way it has reflected political changes is also hosted by the group's frontman, Chuck D.

He'll be joined throughout the series by a host of other luminaries and pioneers, who in the first half of the opening double bill include Melle Mel, KRS-One, Fat Joe and Grandmaster Caz. They offer their thoughts on the genre's deep roots, which reach back to the tumultuous changes of the 1960s and the social breakdown of 1970s New York.

Celebrity Mastermind
(BBC1, 5.35pm-6.05pm)

Andrea McLean, Colin Hoult, Rhys Stephenson and Hannah Cockroft are put to the test by Clive Myrie in the classic quiz where celebrities go under the spotlight. Specialist subjects are The Sound of Music, the history of DC Comics, The Heart, and The Shopaholic Novels of Sophie Kinsella.

Casualty
(BBC1, 8.50pm-9.40pm)

Jan is back at work, but the atmosphere is still strained between her and Sah. They may not have time to clear the air though, as they are called to a beach where refugees have washed up. The staff come to the aid of a man and a young girl, who they assume are father and daughter, but have they jumped to conclusions?

Mystery Road: Origin
(BBC4, 9pm-10.50pm)

In the first of a double bill, the gang's true motive is revealed, but Jay alienates his colleagues. Lawyer Anousha harbours a suspicion about the old killing. Then, at 9.55pm, Jay gets in harm's way at a violent showdown, but Mary is even more at risk when she learns that the name of a witness has been withheld.

8 Out of 10 Cats Does Countdown
(More4, 11.05pm-12.10am)

Jimmy Carr hosts the comedy words-and-numbers quiz, with Johnny Vegas and Rhod Gilbert taking on Joe Wilkinson and Roisin Conaty. Tom Allen joins Susie Dent in Dictionary Corner, while Rachel Riley looks after the numbers and letters.

EARLY

BBC1

6.00 Breakfast
10.00 Saturday Kitchen Live
11.30 The Great Food Guys
12.00 Sportscene Live Celtic v Greenock Morton (Kick-off 12.15pm).
2.30 Escape to the Country (r) Nicki Chapman helps a couple planning to start a cookery school in Shropshire.
3.30 Garden Rescue (r)
4.15 Sportscene Results A round-up of the afternoon's football news.
5.15 BBC News
5.25 Reporting Scotland; Weather
5.35 Celebrity Mastermind
6.05 Celebrity Bridge of Lies
6.50 Michael McIntyre's Big Show With Alison Hammond, George Ezra and Peter Crouch.

BBC2

6.45 Supertato (r)
6.55 Shaun the Sheep (r)
7.00 Dennis & Gnasher Unleashed! (r)
7.15 Boy Girl Dog Cat Mouse Cheese
7.25 The Football Academy (r)
7.55 The Dengineers (r)
8.25 Operation Ouch! (r)
8.55 Newsround
9.00 Blue Peter (r)
9.30 Deadly Pole to Pole (r)
10.00 Robot Wars: World Series (r)
11.00 Serengeti III (r)
12.00 The Hairy Bikers Go Local (r)
1.00 Tom Kerridge's Fresh Start (r)
1.30 Bowls: World Indoor Championships 2023
5.00 Amanda & Alan's Italian Job (r)
5.30 Flog It! (r)
6.00 Celebrity Antiques Road Trip (r)

STV

6.00 CITV
9.25 ITV News
9.30 James Martin's Saturday Morning
11.40 James Martin's French Adventure (r)
12.10 ITV News; Weather
12.25 Live Champions Cup Rugby Northampton Saints v La Rochelle (Kick-off 1pm).
3.30 Tipping Point: Lucky Stars (r) With Bonnie Langford, Matt Dawson and Geoff Norcott.
4.30 The Chase Celebrity Special (r) With Cheryl Baker, Laura Tobin, Jason Bell and Mark Steel.
5.30 ITV News; Weather
5.45 STV News; Weather
6.00 Celebrity Catchphrase

PRIME TIME

7.50 That's My Jam Tom Grennan and Patsy Palmer take on Tom Ellis and Billy Boyd as they push their singing abilities, performance skills and musical knowledge to the limit.
8.50 Casualty Jan returns to work but things remain awkward between her and Sah.
9.40 Not Going Out (r) When Lee promises Lucy that he will make more of an effort to be friendly with other parents in the playground, he makes the mistake of starting with Keith. Comedy, with Lee Mack.
10.10 BBC News; Weather
10.30 Sportscene: Scottish Cup Highlights Amy Irons presents action from the latest fourth-round ties, including St Johnstone v Rangers at McDiarmid Park and Celtic v Greenock Morton at Celtic Park.
11.45 Match of the Day Gary Lineker presents highlights of the latest Premier League matches, including Liverpool v Chelsea and Crystal Palace v Newcastle United. Plus, Bournemouth v Nottingham Forest, Leicester City v Brighton & Hove Albion, Southampton v Aston Villa and West Ham United v Everton.

7.00 Waterhole: Africa's Animal Oasis (r) It is the hottest time of year, but the waterhole becomes busier at night. Hyenas lurk in the shadows as the team uncovers the new dynamics of night-time at the waterhole.
8.00 The Witch Hunts: Lucy Worsley Investigates (r) The historian examines four dramatic chapters in British history, beginning with the 16th-century witch hunts, when thousands of people were tortured and killed.
9.00 Fight the Power: How Hip-Hop Changed the World New series. Chuck D explores rap's political awakening over the past 50 years, revealing how hip-hop became a global force for change after its emergence in the 1970s.
10.00 Fight the Power: How Hip-Hop Changed the World
11.00 Behind the Beat Special: Public Enemy (r)
11.30 Hip Hop at the BBC (r) Archive performances, featuring the Sugarhill Gang, Run-DMC, Eric B & Rakim, LL Cool J, Jay-Z, Dizzee Rascal, Ice-T, Fugees, Monie Love, the Roots, Dr Dre and Eminem.

7.00 The Masked Singer Joel Dommett hosts as five incognito celebrities take to the stage, with panellists Rita Ora, Jonathan Ross, Davina McCall and Mo Gilligan trying to figure out who they are. At the end of the show, the true identity of one of the disguised famous faces is revealed.
8.30 Ant & Dec's Limitless Win Best friends Conall and Michael from Belfast return to continue their climb up the money ladder, before soon-to-be married Jenny and Clive get their chance.
9.30 The John Bishop Show The comedian and actor performs topical stand-up routines and chats to guests from the worlds of film, TV, sport and music.
10.15 ITV News; Weather
10.30 Bradley & Barney Walsh: Breaking Dad (r) The Walshes ride bikes on a 25m-high tightrope in Guatemala.
10.55 English Football League Highlights Action from the latest fixtures, including Coventry City v Norwich City and Bristol City v Blackburn Rovers in the Championship.

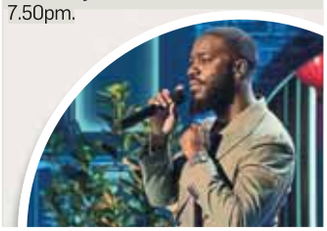
LATE

1.05 **FILM:** The Railway Man (2013) **2.55** Weather for the Week Ahead **3.00** BBC News

12.35 Top of the Pops (r) **1.35 FILM:** Persian Lessons (2020) **3.35** This Is BBC Two

12.50 Shop: Ideal World **3.00** Night Vision **4.15** Love Your Weekend with Alan Titchmarsh (r)

That's My Jam,
7.50pm.



The Witch Hunts: Lucy Worsley Investigates,
8pm.

Ant & Dec's Limitless Win,
8.30pm.

RADIO LISTINGS

BBC RADIO 1
5.00 Radio 1 Relax. **6.00** Radio 1 Happy. **7.00** Adele Roberts. **10.00** Radio 1 Anthems. **10.30** Newsbeat. **10.32** Radio 1 Anthems. **11.02** Katie Thistleton. **1.00** Matt and Jamie. **4.00** Radio 1's Dance Anthems. **5.00** Radio 1's Dance Anthems. **6.00** Radio 1's Dance Anthems. **7.00** Radio 1's Soundsystem Party with Jeremiah Asiamah. **9.00** 1Xtra's Rap Show. **11.00** Radio 1's Drum & Bass Show. **12.00** Radio 1's Drum & Bass Mix. **12.30** Radio 1's Drum & Bass Mix. **1.00** Radio 1's Classic Essential Mix. **3.00** Future Dance Mix with Sarah Story. **3.30** Pete Tong's Hot Mix. **4.00** Radio 1's Dance Anthems.

BBC RADIO 2
5.00 Radio 2 in Concert: Maroon 5. **6.00** Sounds of the 60s with Tony Blackburn. **8.00** Dermot O'Leary. Music and guests. **10.00** Claudia Winkleman. Music and chat. **1.00** Pick of the Pops. **2.00** Pick of the Pops. **3.00** Rylan on Saturday. **6.00** Liza Tarbuck. Music and chat. **8.00** Sounds of the 80s with Gary Davies. **10.00** Sounds of the 90s with Fearne Cotton. **11.00** Sounds of the 90s with Fearne Cotton. A nostalgia-drenched celebration of the best music and pop culture from the decade. **12.00** Top Brass. James Morrison introduces a selection of modern brass music. **1.00** Dance Sounds of the 90s with Vernon Kay. **2.00** The Best of Radio 2's Piano Room. **4.00** Radio 2 in Concert – Annie Lennox.

BBC RADIO 3
7.00 Breakfast. **9.00** Record Review. **11.45** Music Matters. **12.30** This Classical Life. **1.00** Inside Music. **3.00** Sound of Cinema. **4.00** Music Planet. **5.00** J to Z. **6.30** Opera on 3. **10.00** New Music Show. **12.00** Freeness. **1.00** Through the Night.

BBC RADIO 4
6.00 News and Papers. **6.07** Open Country. **6.30** Farming Today This Week. **6.57** Weather. **7.00** Today. **8.30** (LW) Yesterday in Parliament. **9.00** Saturday Live. **10.30** You're Dead to Me. **11.00** The Week in Westminster. **11.30** From Our Own Correspondent. **12.00** News. **12.04** Money Box. **12.30** The News Quiz. **12.57** Weather. **1.00** News. **1.10** Any Questions? **2.00** Any Answers? **2.45** 39 Ways to Save the Planet. **3.00** Drama: The Jungle Book. **4.00** Weekend Woman's Hour. **5.00** Saturday PM. **5.30** Political Thinking with Nick Robinson. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. **7.00** Profile. **7.15** This Cultural Life. **8.00** Archive on 4: Profumo Confidential. **9.00** Stone. **9.45** Rabbit Remembered. **10.00** News. **10.15** The Moral Maze. **11.00** Counterpoint. **11.30** Poetry Please. **12.00** Midnight News. **12.15** Torn. **12.30** Short Works. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 5 Live Boxing. **6.00** Saturday Breakfast. **9.00** Patrick Kielty. **11.00** Fighting Talk. **12.00** 5 Live Sport. **3.00** 5 Live Sport. **5.00** Sports Report. **5.30** 5 Live Sport. **7.30** 6-0-6. **9.00** Geeta Guru-Murthy.

SATURDAY JANUARY 21

CHANNEL 4

6.20 3rd Rock from the Sun (r)
7.10 The King of Queens (r)
8.20 The Simpsons (r)
11.50 FILM: Alvin and the Chipmunks: Chipwrecked (2011)
1.30 Four in a Bed (r)
2.00 Four in a Bed (r)
2.30 Four in a Bed (r)
3.05 Four in a Bed (r)
3.35 Four in a Bed (r) The B&Bers meet up to air their grievances.
4.05 Location, Location, Location (r) Phil Spencer catches up with two sets of discerning house-hunters.
5.05 A Lake District Farm Shop (r) Regenerative farming methods are introduced at the service station's own farm.
6.05 Channel 4 News

6.35 FILM: Mission: Impossible 2 (2000) A secret agent battles a former spy-turned-criminal mastermind intent on stealing a deadly man-made virus. John Woo's action thriller sequel, starring Tom Cruise and Dougray Scott.
9.00 FILM: Infinite (2021) Premiere. A man who finds himself troubled by memories that are not his and developing skills he never learned is recruited by a mysterious organisation. The members of this group have learned to access the experiences of their past lives, but one has gone rogue, and must be stopped in his efforts to end the cycle of reincarnation by destroying all human life. Sci-fi thriller, starring Mark Wahlberg and Chiwetel Ejiofor.
11.05 FILM: Triple 9 (2016) A gang of corrupt cops who carry out bank robberies under the noses of their law-abiding colleagues are blackmailed into carrying out a seemingly impossible heist by the Russian Mob. They realise the only way to carry out the crime is to kill a police officer as a diversion. Crime thriller, starring Chiwetel Ejiofor.

1.15 Ramsay's Kitchen Nightmares USA (r) **2.05** Couples Come Dine with Me (r) **3.00** Hollyoaks Omnibus (r) **5.05** Location, Location, Location (r)

A Lake District Farm Shop, 5.05pm.

10.00 5 Live Boxing. **12.00** Newscast. **1.00** Laura McGhie.

CLASSIC FM
7.00 Alan Titchmarsh. **10.00** Aled Jones. **1.00** Alexander Armstrong. **4.00** Moira Stuart's Hall of Fame Concert. **7.00** Saturday Night at the Movies. **9.00** David Mellor's Melodies. **10.00** Smooth Classics. **1.00** Katie Breathwick. **4.00** Sam Pittis.

BBC RADIO SCOTLAND
6.00 Scoff the Ball. **6.30** Out of Doors. **8.00** Good Morning Scotland. **10.00** Shereen. **11.30** (FM) Noising Up. **11.30** (MW) Sportsound. **12.00** (FM) Off the Ball. **2.00** Sportsound. **7.30** Take the Floor. **9.00** Pipeline. **10.00** Billy Sloan. **1.00** As Radio 5 Live.

CHANNEL 5

6.00 Milkshake!
10.05 The Smurfs (r)
10.15 SpongeBob SquarePants (r)
10.25 Entertainment News on 5
10.30 Friends (r)
12.25 FILM: 13 Going on 30 (2004)
1.25 Entertainment News on 5
1.30 FILM: 13 Going on 30 (2004) Concluded.
2.30 FILM: Never Been Kissed (1999)
3.30 Entertainment News on 5
3.35 FILM: Never Been Kissed (1999) Concluded.
4.30 Michael Ball's Wonderful Wales The singer and broadcaster heads to west Wales.
6.00 5 News Weekend
6.05 Edward & Sophie: The Reliable Royals (r)

7.30 Secrets of the Royal Palaces Behind-the-scenes tales of Windsor Castle, looking at the Welsh Cottage and the Waterloo Chamber, and revealing why the royal family picked Windsor as their new name.
8.30 Stock Aitken Waterman: Legends of Pop Part one of two. A look at the career of the songwriting and record production trio consisting of Mike Stock, Matt Aitken, and Pete Waterman, a story of incredible success but also of fractured relationships and court cases. The first edition examines the early days of SAW and the very varied cast list of acts who entered their world, from the outrageous American drag star Divine, who gave them their first Top 40 hit, through to Hazell Dean, who took them into the Top 10.
10.05 Stock Aitken Waterman: Greatest Hits – Part 1
11.30 Country Music Queens: All the Hits and More (r) A mix of live performances, rarely seen archive material and videos, with classics by Dolly Parton, Patsy Cline, Tammy Wynette, Lorretta Lynn, Shania Twain and Taylor Swift.

1.25 The LeoVegas Live Casino Show **3.25** Entertainment News on 5 **3.30** The Yorkshire Steam Railway: All Aboard (r) **4.20** Edwardian Britain in Colour (r) **5.05** House Busters (r) **5.35** Peppa Pig (r) **5.40** Paw Patrol (r)

Edward & Sophie: The Reliable Royals, 6.05pm.

The Dark Knight Rises, Sky Showcase, *9pm.*

Satellite & Digital

OUR TOP PICK OF THE CHANNELS

BBC3
7.00 EastEnders. **9.00** Two Pints of Lager and a Packet of Crisps. **11.00** Bad Education. **11.30** Meet the Khans: Big in Bolton. **12.30** Jobfished. **1.15** Two Pints of Lager and a Packet of Crisps. **3.15** Bad Education. **3.45** Press X to Continue. **3.55** Close.

BBC4
7.00 Arctic with Bruce Parry. **8.00** Sicily: Wonder of the Mediterranean. **9.00** Mystery Road: Origin. **9.55** Mystery Road: Origin. **10.50** Early Doors. **11.50** To the Manor Born. **12.20** The Many Faces of June Whitfield. **1.20** Reginald D Hunter's Songs of the Border. **2.35** Arctic with Bruce Parry. **3.35** Close.

ITV2
6.00 Unwind with ITV. **6.20** Coronation Street Omnibus. **9.10** Secret Crush. **10.10** Dress to Impress. **12.10** Catchphrase. **12.55** FILM: Step Up 2: The Streets (2008). Drama, starring Briana Evigan. **1.55** FYI Daily. **2.00** FILM: Step Up 2: The Streets (2008). **3.00** FILM: Goosebumps (2015). Fantasy adventure, starring Jack Black. **4.00** FYI Daily. **4.05** FILM: Goosebumps (2015). **5.05** FILM: Cloudy with a Chance of Meatballs 2 (2013). Animated comedy sequel, with the voice of Bill Hader. **6.10** FYI Daily. **6.15** FILM: Cloudy with a Chance of Meatballs 2 (2013). **6.55** FILM: Yes Man (2008). Comedy, starring Jim Carrey. **7.55** FYI Daily. **8.00** FILM: Yes Man (2008). **9.00** Love Island: Unseen Bits. **10.05** Kavos Weekender. **11.00** Family Guy. **12.00** American Dad! **12.55** Hey Tracey! **2.00** All American. **2.50** Unwind with ITV. **3.00** Teleshopping.

ITV3
6.00 George and Mildred. **6.40** Agatha Christie's Marple. **8.40** Rosemary & Thyme. **10.45** Inspector Morse. **1.10** ITV Racing: Live from Ascot. Coverage from Ascot and Haydock Park. **4.00** George and Mildred. **4.30** Inspector Morse. **6.45** Snooker: World Grand Prix. Live coverage of the second semi-final. **10.15** Agatha Christie's Poirot. **11.25** Des. **12.25** The Real 'Des': The Dennis Nilsen Story. **1.30** George and Mildred. **2.05** Unwind with ITV. **2.30** Teleshopping.

ITV4
6.00 Darts: Nordic Masters. **9.30** ITV Racing: The Opening Show. Previews from Ascot and Haydock Park. **10.30** The NFL Show. **11.30** Made in Britain. **12.00** Darts: Nordic Masters Live. The quarter-finals. **4.00** Made in Britain. **4.55** The Big Fish Off. **7.00** Darts: Nordic Masters Live. Coverage of the evening session on day two at Forum Copenhagen in Denmark, featuring the semi-finals and final. **11.00** Made in Britain. **12.05** Auto Mundial. **12.35** Great Racehorses. **12.55** English Football League Highlights. **2.50** Unwind with ITV. **3.00** Teleshopping.

SKY SHOWCASE
6.00 Futurama. **7.30** The Fresh Prince of Bel-Air. **9.00** The Gloves Are Off. **9.30** Soccer AM. **11.00** Live WSL. Manchester City v Aston Villa (Kick-off 11.30am). **2.00** Behind the Ropes. **3.00** Gillette Labs Soccer Saturday. **5.00** Sport's Funniest Moments. **6.00** Live Fight Night. Live action from the undercard of Chris Eubank Jr v Liam Smith. **7.00** Celts: The Untold Story. **8.00** Strangest Things. **9.00** FILM: The Dark Knight Rises (2012). Batman comes out of hiding to protect Gotham from the leader of a terrorist army. Comic-book thriller sequel, starring Christian Bale, Anne Hathaway and Tom Hardy. **12.00** Hold the Front Page. **1.00** Never Mind the Buzzcocks. **2.30** Road Wars. **3.00** S.W.A.T. **4.00** Nothing to Declare.

SKY MAIN EVENT
6.00 Live DP World Tour Golf. The Abu Dhabi HSBC Championship. **7.00** Live DP World Tour Golf. The Abu Dhabi HSBC Championship. **12.00** Live EFL. Coventry City v Norwich City (Kick-off 12.30pm). **3.00** The Gloves Are Off. **3.30** Behind the Ropes. **4.30** The Gloves Are Off. **5.00** Live: SNF. Crystal Palace v Newcastle United (Kick-off 5.30pm). **8.30** Live NFL. Kansas City Chiefs v Jacksonville Jaguars (Kick-off 9.30pm). Live coverage of the Divisional round play-off match from Arrowhead Stadium. **1.00** Live NFL. Philadelphia Eagles v New York Giants (Kick-off 1.15am). **4.30** Sky Sports News. **5.00** Live DP World Tour Golf.

SKY CRICKET
6.00 Big Bash League. **7.00** Best of England v Australia. **7.20** Ashes Greats. **7.30** Live Big Bash League. Sydney Sixers v Sydney Thunder. **11.00** Live SA20. Paarl Royals v MI Cape Town. **3.00** Live SA20. Sunrisers Eastern Cape v Joburg Super Kings. **7.30** Big Bash League. **8.30** SA20. **12.30** The Best of The Big Bash. **1.30** Big Bash League. **2.30** Live Big Bash League. Brisbane Heat v Melbourne Stars.

BT SPORT 1
6.00 Live: Isuzu UTE A-League. Western United v Sydney FC (Kick-off 6am). **8.00** WWE NXT UK Classics. **9.00** Live World Rally Championship. Coverage of Rallye Monte Carlo. **10.00** Live: Early Kick-Off. The BT Sport team look back on all the big talking points of the week. **10.30** ESPN FC. **11.00** BT Sport Fight Night. **11.15** What I Wore. **11.30** Live Premier League. Liverpool v Chelsea (Kick-off 12.30pm). **3.00** BT Sport Score. **5.00** Live Vanarama National League. Chesterfield v Notts County (Kick-off 5.20pm). **7.30** Live: Serie A. Fiorentina v Torino (Kick-off 7.45pm). Coverage of the Italian top-flight clash from Stadio Artemio Franchi. **9.45** Vanarama National League Highlights. **10.15** BT Sport Fight Night. **10.30** The Dan Hardy Breakdown Show. **11.00** Fight Week. **11.30** UFC Countdown. **12.30** UFC Live. **1.00** Live UFC. **3.00** Live UFC. Glover Teixeira v Jamahal Hill.

BT SPORT 2
8.30 ESPN FC. **9.00** Premier League Preview. **9.30** WWE Friday Night SmackDown. **11.00** Heineken Champions Cup. **12.30** Live Heineken Champions Cup. Harlequins v Sharks (Kick-off 1pm). **3.00** Live Heineken Champions Cup. Leinster v Racing 92 (Kick-off 3.15pm). **5.15** Live Heineken Champions Cup. Exeter Chiefs v Castres Olympique (Kick-off 5.30pm). **7.45** Live Heineken Champions Cup. Ulster v Sale Sharks (Kick-off 8pm). Coverage of the Pool B match from Kingspan Stadium in Belfast. **10.15** BT Sport Films. **11.45** World Rally Championship. **12.15** Live: T20 Super Smash. Northern Brave v Auckland Aces. **4.00** What I Wore. **4.15** Live: Women's T20 Super Smash. Northern Brave v Auckland Hearts.

EUROSPORT 1
1.00 Live Australian Open Tennis Cube. The latest news and interviews from Melbourne. **1.15** Australian Open Tennis. **12.00** Live Australian Open Tennis. **2.00** Live Australian Open Tennis. **4.00** Live Australian Open Tennis. Continued coverage of the fourth-round matches on day seven.

MORE4
8.55 Food Unwrapped. **9.30** A Place in the Sun: Home or Away. **12.35** Location, Location, Location. **2.40** Come Dine with Me. **5.20** Four in a Bed. **8.00** Escape to the Chateau. **9.00** 24 Hours in A&E. **11.05** 8 Out of 10 Cats Does Countdown. **12.10** 8 Out of 10 Cats Does Countdown. **1.15** 24 Hours in A&E. **3.20** Food Unwrapped. **3.50** Close.

BBC ALBA
6.00 Alba Today. **4.00** AH-AH/No-No. **4.10** Treubh an Tuathanais. **4.20** Pip & Posy. **4.30** Oscar & Ealasaid. **4.45** Piseag & Cuilean/Kit & Pup. **4.50** Sionnach agus Maigheach. **5.00** Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **5.25** Geamaichean Gorach. **5.30** @12. **5.35** Port Pàipeir. **5.45** An Là. **6.00** FILM: Òran na Mara (2014). **7.35** Women's Sport 360. **8.10** Binneas – Na Trads. **8.30** An Taigh-Fuine/The Bakery. **9.00** Celtic Connections. **10.00** Borgen. **11.00** Tatu Rioghail Dhun Eideann. **12.30** Belladrum. **1.00** Alba Today.

BBC SCOTLAND
12.00 This Is BBC Scotland. **7.00** The Seven. **7.15** The Edit. **7.30** Darts Dreams. **8.00** Burns by the Lagan. **9.00** Inside the Mind of Robert Burns. **10.00** Beyond Burns. **11.00** Music Vault – Robert Burns Special. **11.45** Loop: Tam o' Shanter. **11.55** Tune. **12.00** Close.

GOLD
6.00 Teleshopping. **7.30** Citizen Khan. **8.40** Only Fools and Horses. **3.40** Hancock: Very Nearly An Armful. **5.40** Hancock's Half Hour in Colour. **7.00** Only Fools and Horses. **10.10** The Vicar of Dibley. **11.30** The Real McCoy. **1.40** French and Saunders. **3.00** The Fosters.

PICK
6.00 Nothing to Declare. **11.00** Border Security USA. **12.00** Highway Cops. **1.00** Motorway Patrol. **2.00** Over Australia. **3.00** Secrets of Wild Australia. **4.00** Deadly Australians. **5.00** Great Barrier Reef with David Attenborough. **6.00** Road Wars. **8.00** The Force: Manchester. **9.00** Caught on Dashcam. **10.00** Britain's Most Evil Killers. **11.00** Killer in My Village. **12.00** World's Most Evil Killers. **1.00** Britcam: Emergency on Our Streets. **2.00** Border Security: America's Front Line. **4.00** Highway Patrol.

FILM4
11.00 Rise of the Guardians (2012). Animated adventure, with the voice of Chris Pine. **1.00** Leap Year (2010). Romantic comedy, starring Amy Adams and Matthew Goode. **3.00** Carry On Cabby (1963). Comedy, starring Sid James and Hattie Jacques. **4.50** Big Momma's House (2000). Comedy, starring Martin Lawrence. **6.40** Mortal Engines (2018). Fantasy adventure, starring Hera Hilmar. **9.00** Red Sparrow (2018). A ballerina is recruited to a Russian intelligence service, where she is forced to use her body as a weapon. Spy thriller, starring Jennifer Lawrence and Joel Edgerton. **11.45** Berberian Sound Studio (2012). An introverted sound engineer loses his grip on reality while working on a disturbing horror movie for an Italian director. Thriller, starring Toby Jones and Tonia Sotiropoulou. **1.40** Picnic at Hanging Rock (1975). **4.00** Close.

DAVE
6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Rick Stein's Road to Mexico. **9.00** Rick Stein's French Odyssey. **10.00** Top Gear. **11.00** Red Bull Soapbox Race. **12.00** Storage Hunters UK. **1.00** Top Gear. **2.00** World's Most Dangerous Roads. **4.40** Mortimer & Whitehouse: Gone Fishing. **6.00** Would I Lie to You? **8.00** Not Going Out. **9.20** QI. **10.00** Mock the Week. **11.20** QI. **12.00** Have I Got a Bit More News for You. **1.00** Live at the Apollo. **2.00** The Misadventures of Romesh Ranganathan. **3.00** Mock the Week. **3.35** Beat the Internet with John Robins. **4.00** Teleshopping.

TELEVISION

THE BEST OF TODAY'S TELLY

CRITIC'S CHOICE

Vera
(STV, 8pm-10pm)

Brenda Blethyn's detective is well known for solving mysteries. However, there was one puzzle that Vera fans wanted answering in 2022 – just where did the missing episodes go? Early last year, with the crime drama two thirds of the way through its 11th season, it was pulled by ITV, and only now are UK viewers finally getting to see the concluding episodes. In the series finale, Vera heads to the banks of the River Tyne, where the body of a young woman has been washed up. Initially, the victim, Lisa Mullworth, appears to have been a popular manager at a local green energy turbine company.

His Dark Materials
(BBC1, 7pm-8pm)

Mrs Coulter escapes the Magisterium and goes to Lord Asriel, upset believing Lyra is dead. Later, Asriel makes a grim discovery, while Iorek Byrnison warns him about his rebellion. Back in the Land of the Dead, Will and Lyra convince the Harpies to allow everyone to leave Purgatory and enter Heaven.

The Warship: Tour of Duty
(BBC2, 9pm-10pm)

It's May 2021 and HMS Queen Elizabeth is about to set sail on her first-ever operational mission. In the first edition, the Queen Elizabeth is being shadowed by Russian spy ships in the Mediterranean, testing her weapons and preparing her crew for what lies ahead.

Westwood: Punk – Icon – Activist
(BBC4, 9.15pm-10.35pm)

The first of two programmes shown in tribute to extraordinary fashion designer Vivienne Westwood, who died in December. This documentary reflects on her extraordinary career, looking closely at her artistry, her activism and her cultural significance.

Super Surgeons: A Chance at Life
(More4, 10pm-11.05pm)

Professor Vin Paleri attempts to reconstruct a throat cancer patient's entire windpipe. A woman who had a fibroid removed from her womb discovers it contains a rare form of cancer, and will now need to have her entire reproductive system removed.

EARLY

BBC1

6.00 Breakfast
7.35 Match of the Day (r)
9.00 Sunday with Laura Kuenssberg
10.00 The Sunday Show
10.30 Sunday Morning Live
11.30 Scotland's Sacred Islands with Ben Fogle (r)
12.30 Bargain Hunt (r)
1.00 BBC News; Weather
1.15 Songs of Praise
1.50 Escape to the Country (r)
2.15 FILM: Captain Underpants: The First Epic Movie (2017)
3.35 Young MasterChef (r)
4.05 Young MasterChef (r)
4.35 Serengeti III
5.35 BBC News
5.50 Reporting Scotland; Weather
6.00 Countryfile

BBC2

6.20 Countryfile (r)
7.15 Coast Great Guides: Scotland's Western Isles (r)
8.15 Weatherman Walking (r)
8.45 Around the World in 80 Gardens (r)
9.45 Saturday Kitchen Best Bites
11.15 The Hairy Bikers Go Local (r)
12.15 MOTD Live: Women's Super League Chelsea v Liverpool (Kick-off 12.30pm).
2.40 Bowls: World Indoor Championships 2023 Live coverage from Potters Resort at Hopton-on-Sea, Norfolk.
5.15 Flog It! (r) Natasha Raskin Sharp and Raj Bisram value items at Culzean Castle.
6.00 Ski Sunday Action from Kitzbuhel.

STV

6.00 CITV
9.25 ITV News
9.30 Love Your Weekend with Alan Titchmarsh
11.25 James Martin's Saturday Morning (r) With weather presenter Laura Tobin.
1.35 Simply Raymond Blanc (r)
2.05 ITV News; Weather
2.15 FILM: Babe: Pig in the City (1998) Family comedy sequel, with Magda Szubanski.
4.00 Tipping Point: Lucky Stars (r)
5.00 The Chase Celebrity Special (r)
6.00 ITV News; Weather
6.15 STV News; Weather
6.30 Dancing on Ice Phillip Schofield and Holly Willoughby host the ice-dancing contest.

PRIME TIME

7.00 His Dark Materials As Metatron's abyss rips through the worlds, sucking Dust into its depths, Lyra and Will attempt to lead the ghosts out of the Land of the Dead.
8.00 Call the Midwife The maternity home is thrown into chaos by an outbreak of gastroenteritis. Nurse Crane fights to save her career, and Cyril encourages Reggie to seek help with his declining health.
9.00 Happy Valley As Tommy's big day approaches, Catherine becomes suspicious.
10.00 BBC News; Weather
10.25 Reporting Scotland; Weather
10.30 Match of the Day 2 Mark Chapman reviews the day's Premier League action, including Arsenal v Manchester United at Emirates Stadium. United were the only team to defeat Arsenal in the league before the break for the World Cup, but the Gunners will have hoped for revenge in front of their own fans. Plus, Manchester City v Wolverhampton Wanderers, Leeds United v Brentford and a round-up of yesterday's goals.
11.35 Sportscene: Scottish Cup Highlights (r)

7.00 Antiques Roadshow (r) Fiona Bruce presents a second visit to Kenilworth Castle in the West Midlands, where finds include early Meccano toys, and a set of nursing medals that span three global conflicts.
8.00 Digging for Britain Alice Roberts examines a gatehouse riddled with Civil War bullets, a unique Iron Age shield made from bark, and Roman burials with pots where the heads should be.
9.00 The Warship: Tour of Duty The story of HMS Queen Elizabeth's first operational mission.
10.00 FILM: Schindler's List (1993) In German-occupied Poland during the Second World War, businessman and Nazi Party member Oskar Schindler is deeply affected when he witnesses the clearing of the Krakow Ghetto. He decides to try to save Jews destined for the concentration camps by employing them in his factory – an act of mercy made possible by a deal struck with a sadistic German commandant. Steven Spielberg's Oscar-winning drama, starring Liam Neeson.

8.00 Vera DCI Stanhope is called out to the banks of the River Tyne, where the body of a young woman has been washed up. Although the victim appears to have been a popular manager at a local green energy company, as well as a loyal friend and a loving mother and wife, Vera uncovers a web of intrigue, betrayal and lost promises as she has to unravel the woman's complicated personal and professional life to find her killer. Murder mystery, starring Brenda Blethyn, Kenny Doughty, Jon Morrison, Ibinabo Jack and Riley Jones. Last in the series.
10.00 ITV News; Weather
10.15 FILM: The Fast and the Furious (2001) In a move to identify suspected hijackers, an undercover police officer infiltrates the high-octane world of illegal late-night street racing by rival gangs. He is befriended by a champion driver, but when he also forms a bond with the racer's sister, he is pitched into a conflict of loyalties. Thriller, starring Vin Diesel, Paul Walker, Michelle Rodriguez and Jordana Brewster.

LATE

12.35 The Women's Football Show **1.25** The Apprentice (r) **1.25** Weather for the Week Ahead **2.30** BBC News

Countryfile,
6pm.

1.05 Sign Zone: Question Time (r) **2.05** Waterloo Road (r) **3.05** This Is BBC Two

Digging for Britain,
8pm.

12.15 Shop: Ideal World **3.00** The Widow (r) **3.50** Night Vision **5.05** Lingo (r)

Dancing on Ice,
6.30pm.

RADIO LISTINGS

BBC RADIO 1
5.00 Radio 1 Relax. **6.00** Radio 1's Chillout Anthems. **7.00** Adele Roberts. **10.00** Radio 1 Anthems. **10.30** Newsbeat. **10.32** Radio 1 Anthems. **11.02** Radio 1 00s with Nat O'Leary. **1.00** Matt and Jamie. **4.00** Radio 1's Life Hacks. **6.00** The Official Chart: First Look on Radio 1. **7.00** Radio 1's Chillest Show. **9.00** Radio 1's Indie Show with Jack Saunders. **11.00** BBC Introducing on Radio 1. **12.00** Radio 1's Future Soul with Victoria Jane. **1.30** Radio 1's UK R&B Mix. **2.00** Radio 1's Decompression Session. **3.00** Radio 1's Chill Mix. **3.30** Radio 1's Motivate Me Mix. **4.00** Radio 1 Dance.

BBC RADIO 2
5.00 Tracks of My Years. **6.00** Good Morning Sunday. **9.00** Steve Wright's Sunday Love Songs. **11.00** The Michael Ball Show. **1.00** Elaine Paige on Sunday. **3.00** Sounds of the 70s with Bob Harris. **5.00** Rob Beckett. **7.00** Tony Blackburn's Golden Hour. **8.00** Sunday Night Is Music Night. **10.00** Radio 2 Unwinds with Angela Griffin. **11.00** Radio 2 Unwinds with Angela Griffin. **12.00** Phil Williams. **3.00** Alternative Sounds of the 90s with Dermot O'Leary. **4.00** Early Breakfast Show.

BBC RADIO 3
7.00 Breakfast. **9.00** Sunday Morning. **12.00** Private Passions. **1.00** Radio 3 Lunchtime Concert. **2.00** The Early Music Show. **3.00** Choral Evensong. **4.00** Jazz Record Requests. **5.00** The Listening Service. **5.30** Words and Music. **6.45** Sunday Feature: Yiddish Glory. **7.30** Drama on 3: The Hound of the Baskervilles. **9.00** Record Review Extra. **11.00** The Art of Music with Anna Clyne. **12.00** Sounds Connected. **12.30** Through the Night.

BBC RADIO 4
6.00 News Headlines. **6.05** Something Understood. **6.35** On Your Farm. **6.57** Weather. **7.00** News. **7.10** Sunday. **7.54** Radio 4 Appeal. **7.57** Weather. **8.00** News. **8.10** Sunday Worship. **8.48** A Point of View. **8.58** Tweet of the Day. **9.00** Broadcasting House. **10.00** The Archers. **11.15** Desert Island Discs. **12.00** News. **12.04** Just a Minute. **12.30** The Food Programme. **12.57** Weather. **1.00** The World This Weekend. **1.30** Born in Bradford. **2.00** Gardeners' Question Time. **2.45** Property of the BBC. **3.00** Drama: The Medici: Bankers, Gangsters, Popes. **4.00** Open Book. **4.30** Poetry Please. **5.00** File on 4. **5.40** Profile. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Pick of the Week. **7.00** The Archers. **7.15** Believe It! **7.45** The Circus. **8.00** More or Less. **8.30** Last Word. **9.00** Money Box. **9.25** Radio 4 Appeal. **9.30** Icon. **9.59** Weather. **10.00** The Westminster Hour. **11.00** Loose Ends. **11.30** Something Understood. **12.00** News and Weather. **12.15** Thinking Allowed. **12.45** Bells on Sunday. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Sports Desk. **6.00** 5 Live Science. **7.00** Sunday Breakfast. **10.00** Helen Skelton. **12.00** 5 Live Sport. **2.00** 5 Live Sport. **4.00** 5 Live Sport. **4.30** 5 Live Sport. **6.30** 6-0-6. **8.00** Kammy & Ben's Proper Football Podcast. **8.30** Different with Nicky Campbell. **9.00** Geeta Guru-Murthy. **12.00** Bugzy Malone's Grandest Game. **12.20** Bugzy Malone's Grandest

SUNDAY JANUARY 22

Satellite & Digital *OUR TOP PICK OF THE CHANNELS*

CHANNEL 4

6.00 3rd Rock from the Sun (r)
7.15 The King of Queens (r)
8.30 The Simpsons (r)
9.30 Sunday Brunch
12.30 The Simpsons (r)
12.55 The Simpsons (r)
1.25 The Simpsons (r)
1.55 The Simpsons (r)
2.25 The Secret Life of the Zoo (r) Chimp Vila is attacked by Alice, a higher-ranking female.
3.25 The Dog House (r)
4.15 FILM: The Day the Earth Stood Still (2008) Sci-fi remake, starring Keanu Reeves.
6.15 Channel 4 News
6.45 How to Live to 100 Part two of two. Jon Snow visits communities in Japan and California.

7.45 The Great Pottery Throw Down Siobhan McSweeney hosts Retro Week, in which the contestants are challenged to make a trio of flying birds and take on an old-fashioned hot water bottle surprise task. Judges Keith Brymer Jones and Rich Miller assess the results and decide who will be potter of the week and who will be heading home.
9.00 FILM: Jack Reacher: Never Go Back (2016) The nomadic vigilante tries to save an army major who has been framed for murder and treason. Jack Reacher discovers that Turner has been targeted by a secret government conspiracy, and together they go on the run to expose the truth. Director Edward Zwick's blockbusting action thriller sequel based on Lee Child's novel, starring Tom Cruise, Cobie Smulders, Danika Yarosh and Aldis Hodge.
11.20 Walter Presents: Grow Danish crime drama in which a stockbroker is plunged into a self-destructive cycle following the death of his father. Starring Lars Mikkelsen and Andreas Jessen.

12.15 **FILM:** Lucy in the Sky (2019) **2.20** Ramsay's Kitchen Nightmares USA (r) **3.10** Come Dine with Me (r) **5.15** Location, Location, Location (r)

How to Live to 100, *6.45pm.*

CHANNEL 5

6.00 Milkshake!
10.05 The Smurfs (r)
10.15 SpongeBob SquarePants (r)
10.30 Entertainment News on 5
10.35 NFL End Zone
11.05 Friends (r)
1.05 FILM: Three Bedrooms, One Corpse: An Aurora Teagarden Mystery (2016)
2.50 Agatha Christie's Crooked House (r)
3.50 Entertainment News on 5
3.55 Agatha Christie's Crooked House (r)
5.05 Jane McDonald's Sunshine Cruises (r)
6.25 5 News Weekend
6.30 When Holidays Go Horribly Wrong (r)

8.00 22 Kids & Counting After 18 years living in their 10-bedroom house in Morecambe, Noel and Sue Radford decide the time is right to move and begin the search for their dream home in the countryside.
9.00 Motorhoming with Merton & Webster Paul Merton and Suki Webster explore Devon, beginning by heading to Dartmoor national park to meet a local guide for a Sherlock Holmes-inspired tour.
10.00 Hotel Benidorm: Sun-Loungers & Sangria (r) Staff at the Rio Park and its sister hotel the Flamingo Oasis prepare for a gala dinner, with hospitality manager Nelson and his team of chefs showcasing their culinary skills.
10.55 Greatest 80s Songs: 1981 (r) Toyah Willcox, Paul Gambaccini, Cheryl Baker and Clare Grogan are among those recalling the music and memories of 1981. It was a year when Bucks Fizz were losing their skirts, Adam and the Ants were re-inventing the pop video, and synthesizer bands were making it big. However, there was still room in the charts for the retro sound of Shakin' Stevens.

12.55 Entertainment News on 5 **1.00** The LeoVegas Live Casino Show **3.00** Entertainment News on 5 **3.05** The Yorkshire Steam Railway: All Aboard (r) **3.55** Edwardian Britain in Colour (r) **4.40** House Busters (r)

Motorhoming with Merton & Webster, *9pm.*

Game. **12.40** Bugzy Malone's Grandest Game. **1.00** Edward Adoo.

CLASSIC FM
7.00 Aled Jones. **10.00** Andrew Marr. **1.00** Catherine Bott. **4.00** John Humphrys. **7.00** Smooth Classics at Seven. **9.00** Uplifting Classics. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Our Scotland. **6.30** Playback. **7.00** Time Travels. **7.30** New Every Sunday. **8.00** Sunday Morning. **10.00** The Sunday Show. **12.00** Off the Ball. **1.30** Sportsound. **5.00** (FM) Your Requests with Gary Innes. **5.00** (MW) Sportsound Rugby. **7.00** (FM) Classics Unwrapped. **7.30** (MW) Classics Unwrapped. **9.00** Jazz Nights. **11.00** Iain Anderson. **1.00** As Radio 5 Live.

S.W.A.T, Sky Showcase, *9pm.*

BBC3

7.00 Gassed Up. **7.50** Top Gear America. **9.00** Joey Essex: Grief and Me. **10.00** Bad Education. **10.30** Search Party. **11.15** Jobfished. **12.00** Joey Essex: Grief and Me. **1.00** Bad Education. **1.30** Meet the Khans: Big in Bolton. **2.30** Joey Essex: Grief and Me. **3.30** Bad Education. **4.00** Close.

BBC4

7.00 Come Dancing. **7.45 FILM:** Romeo and Juliet: Beyond Words (2019). Young stars of The Royal Ballet perform in a cinematic reimagining of Kenneth MacMillan's classic ballet set to Sergei Prokofiev's original score. **9.15 FILM:** Westwood: Punk – Icon – Activist (2018). Documentary film reflecting on the extraordinary career of fashion designer Vivienne Westwood, looking closely at her artistry, her activism and her cultural significance. **10.35** Vivienne Westwood Talks to Kirsty Wark. **11.05** Byzantium: A Tale of Three Cities. **12.05** The Search for the Lost Manuscript: Julian of Norwich. **1.05** Ancient Worlds. **2.05** Sicily: Wonder of the Mediterranean. **3.05** Close.

ITV2

6.00 Totally Bonkers Guinness World Records. **6.35** Secret Crush. **9.25** Dress to Impress. **11.35** The Masked Singer. **1.05 FILM:** Antz (1998). Animated comedy, with the voice of Woody Allen. **2.05** FYI Daily. **2.10 FILM:** Antz (1998). **2.50 FILM:** Step Up 3 (2010). Dance drama sequel, starring Rick Malambri. **5.05 FILM:** The Croods (2013). Animated comedy, with the voice of Nicolas Cage. **6.10** FYI Daily. **6.15 FILM:** The Croods (2013). **7.05 FILM:** Legally Blonde (2001). A sorority member enrols at Harvard to try to prove to her ex-boyfriend that she is not stupid, but finds herself out of her depth. Comedy, with Reese Witherspoon and Luke Wilson. **9.00** Love Island. **10.00** Love Island: Aftersun. **11.05** Family Guy. **12.00** American Dad! **1.00** The Sex Lives of College Girls. **2.05** All American. **3.00** Teleshopping.

ITV3

6.00 George and Mildred. **6.40** Emmerdale Omnibus. **9.25** George and Mildred. **9.55** Agatha Christie's Marple. **3.55** Doc Martin. **6.00** Rosemary & Thyme. **8.00** Martin Clunes: Islands of the Pacific. **9.00** Joanna Lumley's Great Cities of the World. **10.00** Scott & Bailey. **11.55** Upstairs, Downstairs. **2.20** George and Mildred. **2.50** Emmerdale Omnibus. **5.35** Unwind with ITV.

ITV4

6.00 Motorsport Mundial. **6.25** Auto Mundial. **6.55** The Big Fish Off. **7.55** English Football League Highlights. **9.55** Made in Britain. **10.25 FILM:** 633 Squadron (1964). **11.25** FYI Daily. **11.30 FILM:** 633 Squadron (1964). **12.30** World of Sport. **12.45** Snooker: World Grand Prix. The first session of the final. **4.00** Made in Britain. **5.00** Fishing Allstars. **6.00** River Monsters. **6.30** The Best of the 80s. **6.45** Snooker: World Grand Prix. The concluding session of the final. **10.00 FILM:** Predator (1987). Soldiers on a mission in a Central American jungle are stalked by an invisible alien hunter in search of human prey. Sci-fi thriller, with Arnold Schwarzenegger. **11.00** FYI Daily. **11.05 FILM:** Predator (1987). **12.10** Giant Lobster Hunters. **1.10** Driving Force. **2.15** The Protectors. **2.45** Unwind with ITV. **3.00** Teleshopping.

SKY SHOWCASE

6.00 Trolls: Trollstopia. **8.05** The Simpsons. **9.35** The Fresh Prince of Bel-Air. **12.00** Big Cat Country. **3.00** Micro Monsters with David Attenborough. **4.00** The Simpsons. **6.30** Live WSL. Brighton & Hove Albion v Arsenal (Kick-off 6.45pm). **9.00** S.W.A.T. **10.00** NCIS: Los Angeles. **11.00** Spector. **12.00** Deadline Day: Football's Transfer Window. **1.00** Saturday Night Live. **2.30** Brassic. **3.30** Nothing to Declare. **5.00** The Early Rundown.

SKY MAIN EVENT

6.00 Live DP World Tour Golf. **7.00** Live DP World Tour Golf. The Abu Dhabi HSBC Championship. **11.30** Live EFL. **2.00** Live Super Sunday. Leeds United v Brentford (Kick-off 2pm). **4.00** Live Super Sunday. Arsenal v Manchester United (Kick-off 4.30pm). **7.30** Live NFL. Buffalo Bills v Cincinnati Bengals (Kick-off 8pm). Live coverage of the Divisional round play-off match at Highmark Stadium. **11.30** Live NFL. San Francisco 49ers v Dallas Cowboys (Kick-off 11.30pm). Live coverage of the Divisional round play-off match at Levi's Stadium in Santa Clara, California. **3.30** Sky Sports News.

SKY CRICKET

6.00 The Best of The Big Bash. **6.45** Big Bash League. **7.45** Live Big Bash League. **11.00** Live SA20. Paarl Royals v Pretoria Capitals. **3.00** Live SA20. Sunrisers Eastern Cape v Durban Super Giants. **7.30** Big Bash League. **9.30** SA20. **11.30** Big Bash League. **1.30** Ashes Greats. **2.20** SA20. **4.10** Big Bash League.

BT SPORT 1

7.00 BT Sport Reload. **7.30** World Rally Championship. **8.00** Live World Rally Championship. **9.00** Premier League. **10.30** Premier League Stories. **11.00** ESPN FC. **11.30** Live: Serie A. **1.30** Vanarama National League Highlights. **2.00** Live: Serie A. Monza v Sassuolo (Kick-off 2pm). **4.00** Serie A. **5.00** Live: Serie A. Spezia v AS Roma (Kick-off 5pm). **7.00** Live: Golazzo Live. **7.45** Live: Serie A. Juventus v Atalanta (Kick-off 7.45pm). Coverage of the Italian top-flight clash from Allianz Stadium. **10.00** Live: Women's T20 Super Smash. Wellington Blaze v Canterbury Magicians. Coverage of the match from Cello Basin Reserve. **1.30** Live: T20 Super Smash. **5.00** World Rally Championship. **5.30** BT Sport Reload.

BT SPORT 2

8.00 Serie A. **9.00** WWE Raw Highlights. **10.00** WWE SmackDown Highlights. **11.00** Live World Rally Championship. **12.30** Live Heineken Champions Cup. Montpellier v London Irish (Kick-off 1pm). **3.00** Live Heineken Champions Cup. Toulouse v Munster (Kick-off 3.15pm). **5.15** Live Heineken Champions Cup. Edinburgh v Saracens (Kick-off 5.30pm). **7.45** Live: Heineken Champions Cup Highlights. Action from the fourth round of fixtures in the European rugby union competition. **8.45** BT Sport Films. **10.15** Deaf Away Days. **10.30** UFC. **1.30** World Rally Championship. **2.00** Vanarama National League Highlights. **2.30** BT Sport Reload. **3.00** ESPN Films Presents. **5.00** Rugby Stories.

EUROSPORT 1

1.00 Live Australian Open Tennis Cube. The latest news and interviews from Melbourne. **1.15** Australian Open Tennis. **12.00** Live Australian Open Tennis. **2.00** Live Australian Open Tennis. **4.00** Live Australian Open Tennis.

MORE4

8.55 George Clarke's Amazing Spaces. **9.55** Ugly House to Lovely House with George Clarke. **11.00** George Clarke's Old House, New Home. **12.00** Come Dine with Me. **2.40** Four in a Bed. **5.20** Come Dine with Me. **8.00** Emergency Helicopter Medics. **9.00** 24 Hours in A&E. **10.00** Super Surgeons: A Chance at Life. **11.05** Emergency Helicopter Medics. **12.10** 24 Hours in A&E. **1.15** Super Surgeons: A Chance at Life. **2.20** Emergency Helicopter Medics. **3.25** Food Unwrapped. **3.50** Close.

BBC ALBA

6.00 Alba Today. **4.00** Live SWPL. **6.05** Binneas – Na Trads. **6.15** An Là. **6.30** Seachd Là. **7.30** Alleluia! **7.55** Slighe Chladach Fiobha. **8.25** Vets: Gach Creutair Beo. **9.00** Curaidh na Coille/ Birdman of Pollok. **10.00** Ceòl Dùthchasach/Ken Burns' Country Music. **11.50** Ceilidh na Bliadhn' Uire 2021. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** The Seven. **7.15** Sportscene: Scottish Cup Highlights. **8.15** Rewind 1990s. **8.30** Accidental Renovators. **9.00** Still Game. **9.30** Life on the Bay. **10.00** Who Lives in Scotland? **11.00** Seven Days. **12.00** Close.

GOLD

6.00 Teleshopping. **7.30** Citizen Khan. **8.00** The Fosters. **8.30** Only Fools and Horses. **7.40** Dad's Army. **8.20** The Vicar of Dibley. **9.40** Blackadder II. **11.40** Only Fools and Horses. **1.25** French and Saunders. **2.45** The Fosters. **4.00** Teleshopping.

PICK

6.00 Border Patrol. **8.00** Highway Patrol. **11.00** Neighbourhood Blues. **12.00** The Celebrity Chase. **2.00** Border Security: America's Front Line. **4.00** Highway Cops. **5.00** Caught Red Handed. **7.00** Motorway Patrol. **8.00** Brit Cops: Rapid Response. **9.00** The Killer Within. **10.00** Dan Brown's The Lost Symbol. **11.00** New York Homicide. **1.00** Britcam: Emergency on Our Streets. **2.00** Motorway Patrol. **4.00** Border Patrol.

FILM4

11.00 Barnyard (2006). **12.45** A Shot in the Dark (1964). Inspector Clouseau comedy, starring Peter Sellers. **2.50** The Choice (2016). Romantic drama, starring Benjamin Walker and Teresa Palmer. **5.05** Goodbye Christopher Robin (2017). Biopic of AA Milne, starring Domhnall Gleeson and Margot Robbie. **7.15** Johnny English Strikes Again (2018). A sinister cyber attack sees the hapless secret agent sent on an adventure in the South of France. Spy comedy, starring Rowan Atkinson and Ben Miller. **9.00** The Martian (2015). An astronaut left stranded on Mars has to find a way to survive for years on meagre resources. Ridley Scott's sci-fi drama, starring Matt Damon and Jessica Chastain. **11.50** Assassin's Creed (2016). A convict is transported into the body of his 15th-century ancestor, an assassin battling a secret society. Action adventure, with Michael Fassbender and Marion Cotillard. **2.00** To Kill a King (2003). In the aftermath of the English Civil War, the fate of King Charles I hangs in the balance. Historical drama, starring Tim Roth. **4.00** Close.

DAVE

6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Rick Stein's French Odyssey. **9.00** Red Bull Soapbox Race 2019: London. **11.00** Top Gear. **1.00** James May's Cars of the People. **3.00** Red Bull Soapbox Race 2022. **4.00** Room 101. **6.00** Top Gear. **7.00** Special Ops: Crime Squad UK. **8.00** QI XL. **9.00** Have I Got a Bit More News for You. **10.00** Mock the Week. **10.40** QI. **11.20** Would I Lie to You? **12.00** Red Dwarf. **2.00** Have I Got a Bit More News for You. **2.50** Beat the Internet with John Robins. **4.00** Teleshopping.

TELEVISION

MONDAY JANUARY 23

BBC 1

6.00 Breakfast
9.15 Morning Live
10.00 Defenders UK
10.45 Rip Off Britain: Holidays (r)
11.15 Homes Under the Hammer (r)
12.15 Bargain Hunt
1.00 BBC News; Weather
1.30 Reporting Scotland; Weather
1.45 Doctors
2.15 The Farmers' Country Showdown
3.00 Escape to the Country
3.45 The Repair Shop
4.30 Bridge of Lies Quiz show, hosted by Ross Kemp.
5.15 Pointless
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
7.00 The One Show
7.30 EastEnders Kat takes care of a conflicted Lily.
8.00 Disclosure: The Dog Dealers Sam Poling investigates the ruthless world of organised crime's trade in dogs.
9.00 Silent Witness Part one of two. The team are called to a devastating train crash.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 Scot Squad (r)
11.10 Sportscene: SWPL Highlights Action from the latest fixtures.
11.55 Humza: Forgiving the Unforgiveable

12.55 The Graham Norton Show (r) **1.45** Would I Lie to You? (r) **2.15** Have I Got News for You (r) **2.45** Weather for the Week Ahead **2.50** BBC News

BBC 2

6.30 Bargain Hunt (r) **7.15** Make It at Market (r) **8.00** Sign Zone: The Smeds and the Smoos (r) **8.30** Tom Kerridge: Lose Weight for Good (r) **9.00** BBC News at 9 **10.00** BBC News **12.15** Politics Live **1.00** Hardball (r) **1.45** Celebrity Eggheads (r) **2.15** Celebrity Antiques Road Trip (r) Judy Murray and Greg Rusedski compete.
3.15 Great Australian Railway Journeys (r)
3.45 My Unique B&B (r)
4.30 Saved and Remade (r)
5.15 Flog It! (r) From Capesthorne Hall in Cheshire.
6.00 Richard Osman's House of Games
6.30 Robson Green's Weekend Escapes
7.00 Nadiya's Fast Flavours (r)
7.30 Mastermind Specialist subjects include Catherine the Great, and Wallace & Gromit.
8.00 Only Connect The Jillies take on the Strigiformes in the first quarter-final.
8.30 University Challenge The second round continues.
9.00 How the Holocaust Began The origins of the Holocaust in Hitler's war on the Soviet Union.
10.00 QI With Sarah Millican, Daliso Chaponda and Rob Beckett.
10.30 Newsnight
11.10 Weather
11.15 FILM: I, Tonya (2017) Biopic, starring Margot Robbie.

1.10 Sign Zone: Countryfile (r) **2.05** Dragons' Den (r) **3.05** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal David Dickinson and experts Tim Hogarth, Jan Keyne, James Layte and Fay Rutter assess items brought in by members of the public in Liverpool.
3.00 Lingo
3.59 STV Weather Central
4.00 Tipping Point
5.00 The Chase
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather
7.30 Emmerdale
8.00 Coronation Street Sarah alerts Stephen to the existence of the factory's CCTV, Daisy receives two unwelcome visitors at the Rovers, and Chesney unveils his business idea to Gemma.
9.00 Maternal Maryam fears her old doubts and anxieties are returning.
10.00 ITV News at Ten
10.30 STV News; Weather
10.40 Scotland Tonight; Weather
11.05 Kate Garraway's Life Stories (r) The presenter is joined by guest Charlotte Church. Last in the series.
11.45 English Football League Highlights

12.05 Shop: Ideal World **4.40** Night Vision **5.35** Simply Raymond Blanc (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 A Place in the Sun
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r) The family remembers Lisa's early days.
6.30 Hollyoaks (r) Tom and Yazz try to put a smile back on Shaq's face.
7.00 Channel 4 News
8.00 George Clarke's Amazing Spaces George visits a family who have been creating extra space in a vintage bus.
9.00 SAS: Who Dares Wins – Jungle Hell New series. The reality show takes its inspiration from the jungle phase of SAS selection.
10.00 Everyone Else Burns New series. Sitcom about a religious family who believe the world is going to end.
10.35 Everyone Else Burns David insists his family live by the rules in a 1000-year-old book.
11.05 Jon & Lucy's Odd Couples (r) Sara Pascoe and Steen Raskopoulos take on Duncan James and Rodrigo Reis.

12.05 I Literally Just Told You (r) **1.00** Travel Man: 48 Hours in Dublin (r) **1.25** The Caribbean: Billionaires' Paradise (r) **2.20** Ramsay's Kitchen Nightmares USA (r) **3.05** George Clarke's Old House, New Home (r) **4.00** Grand Designs (r) **4.55** Location, Location, Location (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 George Clarke's Build a New Life in the Country (r)
1.40 5 News at Lunchtime
1.45 Home and Away (r) Remi is drawn closer to Bree, grasping at any chance he can to be with her.
2.15 FILM: Revenge for My Mother (2022) Premiere. Thriller, starring Sami Nye.
4.00 Bargain-Loving Brits in the Sun Dave wants to go kayaking in the National Park lakes.
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r)
6.55 5 News Update
7.00 Police Interceptors (r) Several units chase a white van that has been driven at four times the speed limit.
7.55 5 News Update
8.00 Traffic Cops A disqualified driver with possible links to violence triggers a police camera.
9.00 Police: Night Shift 999 Gloucestershire officers are called to a late-night break-in at a shop.
10.00 Casualty 24/7: Every Second Counts (r) Sister Vicky battles a doctor shortage and a high influx of walk-in patients.
11.05 999: Critical Condition (r) A man is rushed in after being attacked with a machete.

12.05 Police Interceptors (r) **1.00** The LeoVegas Live Casino Show **3.00** Entertainment News on 5 **3.05** The Yorkshire Steam Railway: All Aboard (r) **3.55** OMG: My Barbie Body (r) **4.40** House Busters (r) **5.10** House Doctor (r) **5.35** Peppa Pig (r) **5.40** Paw Patrol (r) **5.50** Pip and Posy (r)

Bridge of Lies, *4.30pm.*

Only Connect, *8pm.*

Maternal, *9pm.*

Junior Bake Off, *5pm.*

Police: Night Shift 999, *9pm.*

BBC3

7.00 Top Gear. **7.58** The Catch Up. **8.00** Young MasterChef. **8.30** Meet the Khans: Big in Bolton. **9.00** Gordon Ramsay's Future Food Stars. **10.00** FILM: Long Shot (2019). **11.55** Meet the Khans: Big in Bolton. **12.25** Young MasterChef. **12.55** Top Gear. **1.55** Gassed Up. **2.45** Bad Education. **3.15** Ellie & Natasia. **3.30** Young MasterChef. **4.00** Close.

BBC4

7.00 Great British Railway Journeys. **7.30** The Joy of Painting. **8.00** Winterwatch 1963: The Big Freeze. **9.00** Killer Storms and Cruel Winters – The History of Extreme Weather: Timewatch. The UK's worst weather disasters. **10.00** The US and the Holocaust. **12.05** Ancient Worlds. **1.05** Great British Railway Journeys. **1.35** The Joy of Painting. **2.05** Winterwatch 1963: The Big Freeze. **3.05** Close.

ITV2

7.00 Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.00** Ninja Warrior UK: Race for Glory. **8.00** Superstore. **9.00** Love Island. **10.05** Georgia Toffolo: In Search of Perfect Skin. **11.05** Family Guy. **12.00** American Dad! **12.55** Superstore. **1.50** Kavos Weekender. **2.45** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 Classic Emmerdale. **6.35** Classic Coronation Street. **8.05** George and Mildred. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.45** Inspector Morse. **6.00** Heartbeat. **8.00** Ridley. **10.00** Scott & Bailey. **12.00** Agatha Christie's Marple. **2.05** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

8.00 Arctic Secrets. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Big Cat Country. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **8.00** Micro Monsters with David Attenborough. **9.00** FILM: Transformers (2007). **11.45** Sex and the City. **12.55** The Force: North East. **2.00** NCIS: New Orleans. **3.00** Hawaii Five-0.

SKY MAIN EVENT

7.00 Good Morning Sports Fans. **7.45** Live Big Bash League. **11.45** The Best of The Big Bash. **12.00** The Football Show. **1.00** Transfer Talk. **2.00** Sky Sports News. **3.00** Live SA20. **7.00** Live MNF. **11.00** Deadline Day: Football's Transfer Window. **12.00** Sky Sports News.

SKY CRICKET

6.00 Ashes Greats. **6.25** Best of England v Australia. **6.45** Big Bash League. **7.45** Live Big Bash League. **11.45** Stuart Broad – My Greatest Spells. **12.10** Big Bash League. **1.10** SA20. **3.00** Live SA20. **7.30** Big Bash League. **8.30** Ashes Greats. **8.55** Best of England v Australia. **9.15** Ashes Greats. **9.30** SA20. **10.30** Big Bash League. **11.30** SA20. **12.30** The Best of The Big Bash. **1.00** Women's International T20 Cricket. **4.30** The Best of The Big Bash. **5.00** Ashes Greats.

BT SPORT 1

7.00 WWE NXT Highlights. **8.00** Primeira Liga. **9.00** Premier League – The Big Interview. **9.30** Premier League. **11.00** Live: FIH Hockey Men's World Cup. **1.00** Premier League Stories. **1.30** Live: FIH Hockey Men's World Cup. **3.30** Premier League Legends. **4.00** ChatterBox. **5.00** ESPN FC Presents: Gab & Juls. **5.30** Live: Serie A. **7.30** Live: Serie A. **9.45** BT Sport Goals Reload. **10.15** What I Wore. **10.30** ESPN FC Presents: Gab & Juls. **11.00** WWE Raw Highlights. **12.00** WWE SmackDown Highlights. **1.00** Live: WWE Monday Night Raw. **4.15** Ariel Helwani Meets. **4.45** Around The Block. **5.00** BT Sport Goals Reload.

BBC ALBA

6.00 Alba Today. **5.00** Treubh an Tuathanais. **5.15** Su Pic. **5.25** AH-AH/No-No. **5.30** Pip & Posy. **5.40** 'S E Iasg a Th'Annam. **5.45** Piseag & Cuilean/Kit & Pup. **5.50** Stòiridh. **6.00** Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **6.25** Geamaichean Gorach. **6.30** Dubhlain CBBC Alba. **6.35** Saidheans Sporsail. **7.00** Fuine. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Gàrraidhean Mòra na h-Alba. **9.00** An Clò Mòr. **9.30** Trusadh – Beatha sa Bhan. **10.30** Na Gleidheadairean. **11.30** OMC! **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **2.00** Sign Zone: My Kind of Town: Larkhall. **2.30** Sign Zone: Iain Robertson Rambles – The Hebridean Way. **3.00** Sign Zone: This Farming Life. **4.00** This Is BBC Scotland. **7.00** The Seven. **7.30** Sportscene: Scottish Cup Live. **10.00** River City. **10.30** The Scotts. **11.00** Raiders of the Lost Archive. **11.30** Sky High Club: Scotland and Beyond. **12.00** Close.

FILM4

11.00 The Riddle of the Sands (1979). **1.10** It Should Happen to You (1954). **2.55** Destroyer (1943). **5.00** Footsteps in the Fog (1955). **6.45** Made in America (1993). **9.00** Fatherhood (2021). **11.10** The Craft (1996). **1.15** Wings of Desire (1987). **4.00** Close.

DAVE

6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Rick Stein's Road to Mexico. **11.00** Rick Stein's Long Weekends. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** Survivor South Africa. **5.30** Travel Man: 48 Hours in Barcelona. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? The Unseen Bits. **8.20** QI. **9.00** QI XL. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** QI. **1.20** Would I Lie to You? At Christmas. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.15** The Island. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Radio 1 Early Breakfast with Arielle Free. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.30** Newsbeat. **10.32** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Dean and Vicky. **3.30** Newsbeat. **3.32** Going Home with Vick and Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Clara Amfo. **7.00** Radio 1's Hottest Records of the Week. **8.00** Radio 1's Future Artists with Jack Saunders. **10.00** Radio 1's Essential Albums. **11.00** Rock Show with Daniel P Carter. **1.00** BBC Introducing Rock on Radio 1 with Alyx Holcombe. **2.00** Radio 1's Future Alternative. **3.00** Radio 1's Workout Anthems. **4.00** Radio 1 Dance.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Blues Show with Cerys Matthews. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **2.30** One Hit Wonders with OJ Borg. **3.00** Pick of the Pops. **4.00** Early Breakfast Show.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Bonis. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** New Generation Artists. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **9.15** Northern Drift. **10.00** Music Matters. **10.45** The Essay: Science Notes. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **9.00** Start the Week. **9.45** (FM) Book of the Week: Wise Gals. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** The Invention of Russia. **11.30** The Bottom Line. **12.00** News. **12.04** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Buried. **2.00** The Archers. **2.15** This Cultural Life. **3.00** Counterpoint. **3.30** The Food Programme. **4.00** Playing the Prince. **4.30** Beyond Belief. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Just a Minute. **7.00** The Archers. **7.15** Front Row. **8.00** The Boat Smugglers. **8.30** Crossing Continents. **9.00** Is Psychiatry Working? **9.30** Start the Week. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: Act of Oblivion. **11.00** Word of Mouth. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: Wise Gals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Naga Munchetty. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **9.00** 5 Live Sport. **10.00** Colin Murray. **1.00** Dotun Adebayo.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** Vic Galloway. **10.00** Iain Anderson. **12.00** As Radio 5 Live.

The US and the Holocaust, BBC4, *10pm.*

TELEVISION

TUESDAY JANUARY 24

BBC 1

6.00 Breakfast
9.15 Morning Live
10.00 Defenders UK
10.45 Rip Off Britain: Holidays (r)
11.15 Homes Under the Hammer
12.15 Bargain Hunt (r)
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Doctors
2.15 The Farmers' Country Showdown
3.00 Escape to the Country
3.45 The Repair Shop
4.30 Bridge of Lies Quiz show, hosted by Ross Kemp.
5.15 Pointless
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
7.00 River City (r)
7.30 EastEnders Felix and Bernie compete for a job at Jay's stag do.
8.00 Waterloo Road Amy's drama workshop is in danger of Kelly Jo's antics.
9.00 Silent Witness The Lyell return to the tunnel as another victim is targeted.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 Bad Education (r) Stephen is determined to find out who snitched on him.
11.10 Pretty Little Liars: Original Sin Imogen throws a Halloween party to raise much-needed cash.

12.00 Pretty Little Liars: Original Sin 12.50 Weather for the Week Ahead 12.55 BBC News

BBC 2

6.30 The Farmers' Country Showdown (r)
7.15 Bargain Hunt (r) **8.00 Sign Zone: The Hairy Bikers Go Local** (r) **9.00 BBC News at 9 10.00 BBC News 12.15 Politics Live**
1.00 Hardball (r) **1.45 Celebrity Eggheads** (r) **2.15 Celebrity Antiques Road Trip** (r) With Red Dwarf co-stars Craig Charles and Robert Llewellyn.
3.15 Great Australian Railway Journeys (r)
3.45 My Unique B&B (r)
4.30 Saved and Remade (r)
5.15 Flog It! (r) Paul Martin presents from Capesthorne Hall in Cheshire.
6.00 Richard Osman's House of Games
6.30 Robson Green's Weekend Escapes
7.00 This Farming Life (r) In Orkney, Sean and his family are faced with a sudden tragedy when his top dog, Tara, collapses. Elsewhere, plans finally become reality for the Love family in Stranraer.
8.00 Winterwatch The rich habitat of the Wash in Norfolk,.
9.00 India: The Modi Question Part two of two. The track record of Narendra Modi's government following his 2019 re-election.
10.00 Detectorists (r)
10.30 Newsnight Headline analysis.
11.10 Weather
11.15 FILM: Denial (2016) Fact-based drama, starring Rachel Weisz.

1.00 Sign Zone: Tokyo Vice (r) 1.55 Surgeons: At the Edge of Life (r) 2.55 This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal David Dickinson sets up shop in Barry with his dealers Alison Chapman, Stewart Hofgartner, Jan Keyne and Simon Schneider.
3.00 Lingo
3.59 STV Weather Central
4.00 Tipping Point
5.00 The Chase (r)
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather
7.30 Emmerdale Priya makes a big decision.
8.00 The Martin Lewis Money Show: Live The cash expert continues to offer advice for viewers through the current cost of living crisis.
9.00 Bradley & Barney Walsh: Breaking Dad
9.30 The Family Pile Clearing out their father's shed, Nicole and Ursula uncover his guilty secret.
10.00 ITV News at Ten
10.30 STV News; Weather
10.40 Scotland Tonight; Weather
11.05 The John Bishop Show (r) Comedy chat show.
11.50 All Elite Wrestling: Rampage (r)

12.50 Shop: Ideal World 3.00 Dickinson's Real Deal (r) 3.50 Night Vision 5.05 Lingo (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 A Place in the Sun Craig Rowe helps David from Suffolk find a holiday home in Abruzzo, Italy.
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r)
6.30 Hollyoaks (r)
7.00 Channel 4 News
8.00 Know Your St: Inside Our Guts** Three more people visit Poo HQ for help with their gut issues including a nurse who can bloat from a size 16 to a size 24 in minutes.
9.00 24 Hours in A&E Twenty year-old Peta is rushed in after coming off her motorbike, Callum comes in with a prolapsed stoma and Libby has been hit in the face with a hockey stick.
10.00 Belfast Midwives The midwives welcome three new babies into the world.
11.05 Emergency Helicopter Medics Charlie has life-threatening injuries after coming off his dirt bike.

12.10 In the Footsteps of Killers (r) 1.05 SAS: Who Dares Wins – Jungle Hell (r) 2.00 Ramsay's Kitchen Nightmares USA (r) 2.50 Couples Come Dine with Me (r) 3.45 Jamie: Keep Cooking Family Favourites (r) 4.10 The Great Pottery Throw Down (r) 5.15 Building the Dream (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 George Clarke's Build a New Life in the Country (r)
1.40 5 News at Lunchtime
1.45 Home and Away (r)
2.15 FILM: Deadly Payback (2020) A woman is horrified to discover her pool cleaner is dating her daughter, and uses her for revenge. Drama, starring Jessica Morris.
4.00 Bargain-Loving Brits in the Sun Lorna arranges a pool party for all the Saydo residents.
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r)
6.55 5 News Update
7.00 GPs: Behind Closed Doors A patient struggling with stiffness and neck pain visits the surgery.
7.55 5 News Update
8.00 Dogs Behaving (Very) Badly
9.00 Ben Fogle: New Lives in the Wild Ben journeys to South America to visit Rhona, a British born actress who left the bright lights of Hollywood to live alone in a remote valley in Uruguay.
10.00 The Body in the Bag (r) The case of Gareth Williams, who was found dead in the bath of his London flat in 2010.
11.30 Crimes That Shook Britain (r) A profile of serial killer Colin Ireland.

12.25 Donald Neilson: Born to Kill (r) 1.20 The LeoVegas Live Casino Show 3.20 Entertainment News on 5 3.25 Around the World by Train with Tony Robinson (r) 4.15 OMG: Make Me a Famous Face (r) 5.00 House Busters (r) 5.30 House Doctor (r) 5.55 Peppa Pig (r)

Pointless, *5.15pm.*

Richard Osman's House of Games, *6pm.*

The Martin Lewis Money Show: Live, *8pm.*

Belfast Midwives, *10pm.*

Ben Fogle: New Lives in the Wild, *9pm.*

BBC3

7.00 Top Gear. **7.58** The Catch Up. **8.00** The Traitors US. **8.45** Zen Motoring. **9.00** Gordon Ramsay's Future Food Stars. **10.00** Big Zuu's Big Eats. **11.00** Meet the Khans: Big in Bolton. **11.30** People Just Do Nothing. **12.30** Top Gear. **1.25** People Just Do Nothing. **2.25** Bad Education. **2.55** People Just Do Nothing. **3.55** Close.

BBC4

7.00 Great British Railway Journeys. **7.30** The Joy of Painting. **8.00** To the Manor Born. **8.30** The Mistress. **9.00** A History of Britain by Simon Schama. The story of Henry II. **10.00** Three Minutes: A Lengthening – Storyville. **11.10** The Lost Libraries of Timbuktu. **12.10** What's Wrong with Our Weather? Horizon. **1.10** Hope Street. **1.55** Great British Railway Journeys. **2.25** The Joy of Painting. **2.55** A History of Britain by Simon Schama. **3.50** Close.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.00** Ninja Warrior UK: Race for Glory. **8.00** Superstore. **9.00** Love Island. **10.05** Kavos Weekender. **11.05** Family Guy. **12.00** American Dad! **1.00** Superstore. **2.00** Plebs. **3.00** Teleshopping.

ITV3

6.00 Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** George and Mildred. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.45** Inspector Morse. **6.00** Heartbeat. **8.00** Midsomer Murders. **10.00** Scott & Bailey. **12.00** Agatha Christie's Marple. **2.05** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Kay Burley. **8.00** Arctic Secrets. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Big Cat Country. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **8.00** American Auto. **9.00** Rob & Romesh vs Almost Everything. **10.00** Hold the Front Page. **11.00** S.W.A.T. **12.00** The Force: North East. **1.00** Road Wars. **2.00** Brit Cops: Law & Disorder. **3.00** Hawaii Five-0. **4.00** S.W.A.T. **5.00** The Early Rundown.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Good Morning Sports Fans. **7.45** Live Big Bash League. **11.45** Live SA20. **3.00** Live SA20. **7.00** Live EFL Cup. Southampton v Newcastle United (Kick-off 8pm). **10.45** Soccer Special Post-Match. **11.00** Sky Sports News. **2.00** Ashes Greats. **2.10** Live Big Bash League.

SKY CRICKET

6.00 Best of England v Australia. **6.20** Ashes Greats. **6.45** Big Bash League. **7.45** Live Big Bash League. **11.00** Live SA20. **3.00** Live SA20. **7.30** Big Bash League. **8.30** SA20. **12.30** The Best of The Big Bash. **1.00** Big Bash League. **2.00** Ashes Greats. **2.10** Live Big Bash League.

BT SPORT 1

6.30 Premier League Review. **7.30** Vanarama National League. **9.00** Vanarama National League Highlights. **9.30** BT Sport Goals Reload. **10.00** Heineken Champions Cup Highlights. **11.00** Live: FIH Hockey Men's World Cup. **1.00** Premier League – The Big Interview. **1.30** Live: FIH Hockey Men's World Cup. **3.30** Premier League Review. **4.30** A-League Highlights. **5.00** Premier League. **6.30** Premier League Stories. **7.00** ESPN FC. **7.30** Live: Serie A. **9.45** Premier League Reload. **10.00** Premier League Review. **11.00** MLB. **12.00** WWE NXT Highlights. **1.00** Live: WWE NXT. **3.15** Ariel Helwani Meets. **4.15** UEFA Champions League Goals Reload.

BBC ALBA

6.00 Alba Today. **5.00** AH-AH/ No-No. **5.10** Meaban is Moo. **5.15** Nannag a' Noo/Huggleboo. **5.25** Oscar & Ealasaid. **5.40** Shane an Chef. **5.50** Stòiridh. **6.00** An Saoghal Droil aig Pol Ploc/The Rubbish World of Dave Spud. **6.10** A-null 's a-nall. **6.25** Damhan & Durrag/Pipas & Douglas. **6.30** Stri. **6.35** Geamaichean Gorach. **6.40** Proiseact Ploigh. **7.00** Turas a' Bhradain. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Vets: Gach Creutair Beo. **9.00** Na Gleidheadairean. **10.00** Trusadh – Beatha sa Bhan. **11.00** Machair. **11.25** Ceilidh na Bliadhn' Uire 2021. **11.30** Alleluia! **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Sportscene: SWPL Highlights. **7.45** Sportscene Goals+. **8.00** Who Lives in Scotland? **9.00** The Nine. **10.00** Disclosure: The Dog Dealers. **11.00** Darren McGarvey's Addictions. **12.00** Close.

FILM4

11.00 Detective Story (1951). **1.10** A Lawless Street (1955). **2.45** The Green Man (1956). **4.25** Fire Down Below (1957). **6.40** Mortal Engines (2018). **9.00** The Craft: Legacy (2020). **10.50** Beast (2017). **1.00** Charlie Says (2018). **3.15** Close.

DAVE

6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Survivor South Africa. **11.30** Rick Stein's Cornwall. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** Survivor South Africa. **5.00** QI XL. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? At Christmas. **8.20** QI. **9.00** QI XL. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** QI. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.15** The Island. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Early Breakfast with Arielle Free. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.30** Newsbeat. **10.32** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Dean and Vicky. **3.30** Newsbeat. **3.32** Going Home with Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Clara Amfo. **8.00** Radio 1's Future Artists with Jack Saunders. **10.00** Radio 1's Essential Albums. **11.00** Annie Nightingale Presents. **1.00** Radio 1's Drum & Bass Mix. **1.30** Radio 1's Drum & Bass Mix. **2.00** Radio 1 Playlist: Revision Mode. **3.00** Radio 1's Power Down Playlist with Sian Eleri. **4.00** Radio 1 Dance.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Jazz Show with Jamie Cullum. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Pick of the Pops. **4.00** Early Breakfast Show.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Bonis. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay: Science Notes. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.31** (LW) Yesterday in Parliament. **9.00** The Life Scientific. **9.30** One to One. **9.45** (FM) Book of the Week: Wise Gals. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** The Curious Cases of Rutherford & Fry. **11.30** In Time to the Music. **12.00** News. **12.04** Call You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Buried. **2.00** The Archers. **2.15** Drama: Back Home. **3.00** Short Cuts. **3.30** A Thorough Examination with Drs Chris and Xand. **4.00** Word of Mouth. **4.30** Great Lives. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Phil Ellis Is Trying. **7.00** The Archers. **7.15** Front Row. **8.00** File on 4. **8.40** In Touch. **9.00** Inside Health. **9.30** The Life Scientific. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: Act of Oblivion. **11.00** Small Scenes. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: Wise Gals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Naga Munchetty. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.00** 5 Live Sport. **10.00** Colin Murray. **1.00** Dotun Adebayo.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. Including the School Run. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** Another Country with Ricky Ross. **10.00** Roddy Hart. **12.00** As Radio 5 Live.

Three Minutes: A Lengthening – Storyville, BBC4, *10pm.*

TELEVISION

WEDNESDAY JANUARY 25

BBC 1

6.00 Breakfast
9.15 Morning Live
10.00 Defenders UK
10.45 Rip Off Britain: Holidays
11.15 Homes Under the Hammer (r)
12.15 Bargain Hunt (r)
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Doctors
2.15 Politics Scotland
3.00 The Farmers' Country Showdown
3.45 The Repair Shop
4.30 Bridge of Lies
5.15 Pointless
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
6.55 Party Political Broadcast (r)

7.00 The One Show Magazine show, with stories of interest from around the UK.
7.30 EastEnders It's the day of Jay and Lola's wedding.
8.00 The Repair Shop (r) Items include a clockwork tractor and a beloved plate.
9.00 Sort Your Life Out New series. Stacey Solomon helps the Harris-Hawley family transform their home.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 The Traitors US (r)
11.25 The Traitors US (r) After the first murder, the Traitors attempt to keep their cover.

12.20 Debate Night (r) **1.20** The Edit (r) **1.35** Michael McIntyre's Big Show (r) **2.35** Weather for the Week Ahead **2.40** BBC News

BBC 2

6.30 The Farmers' Country Showdown (r) **7.15 Escape to the Country** (r) **8.00 See Hear 8.30 Sign Zone: A Countryside Winter** (r) **9.00 BBC News at 9 10.00 BBC News 11.15 Politics Live 1.00 Hardball** (r) **1.45 Celebrity Eggheads** (r) **2.15 Celebrity Antiques Road Trip** (r) Daniel Brocklebank and Hayley Tamaddon search for antiques in East Anglia.
3.15 Great Australian Railway Journeys (r)
3.45 My Unique B&B (r)
4.30 Saved and Remade (r)
5.15 Flog It! (r)
6.00 Richard Osman's House of Games
6.30 Robson Green's Weekend Escapes

7.00 This Farming Life (r) Emma and Ewan head to Kelso Ram Sales in search of three new rams, while Sean joins the ranks of farmers selling stock online, and it is harvest time in Fife.
8.00 Winterwatch Michaela Strachan celebrates Norfolk's pink-footed geese.
9.00 Surgeons: At the Edge of Life A patient undergoes brain surgery while awake.
10.00 Our Flag Means Death Blackbeard experiences an identity crisis.
10.30 Newsnight
11.10 Weather
11.15 Digging for Britain (r)

12.15 Sign Zone: See Hear (r) **12.45** Miriam Margolyes: Australia Unmasked (r) **1.45** The Travelling Auctioneers (r) **2.30** Ukraine: The People's Fight (r) **3.30** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal David Dickinson and his team head to London.
3.00 Lingo
3.59 STV Weather Central
4.00 Tipping Point Quiz, hosted by Ben Shephard.
5.00 The Chase
6.00 STV News at Six; Weather
6.25 Party Political Broadcast
6.30 ITV Evening News; Weather

7.30 Emmerdale David is determined to take control.
8.00 Coronation Street Maria's life depends on Max taking timely action, Evelyn suspects Tyrone of playing away again, and Justin and Christina give Daisy double trouble.
9.00 Next Level Chef Gordon Ramsay hosts the culinary challenge, which sees the ten remaining contestants present their take on the perfect burger and chips.
10.00 ITV News at Ten
10.30 STV News; Weather
10.40 Scotland Tonight; Weather
11.05 Peston Political magazine show, hosted by Robert Peston.

12.10 EFL Carabao Cup Highlights (r) **1.10** Shop: Ideal World **3.00** Your Car: Time to Switch? Tonight (r) **3.25** James Martin's French Adventure (r) **3.50** Night Vision **5.05** Dickinson's Real Deal (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 A Place in the Sun Lucy Alexander helps John and Debbie find a holiday home.
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r)
6.30 Hollyoaks (r)

7.00 Channel 4 News
8.00 Kirstie and Phil's Love It or List It The hosts help Sue and Richard decide whether to sell or renovate their home.
9.00 Grand Designs (r) Kevin McCloud follows the progress of Dorran, who promised his wife and children he would build them a super-modern underground home on a hill.
10.00 The Caribbean: Billionaires' Paradise Social media influencer and bar owner Jordan signs with a global drink brand. Last in the series.
11.05 First Dates Hotel (r) More singletons try to find love at a luxury hotel.

12.10 24 Hours in A&E (r) **1.05** Belfast Midwives (r) **2.00** Ramsay's Kitchen Nightmares USA (r) **2.50** Couples Come Dine with Me (r) **3.45** Jamie: Keep Cooking Family Favourites (r) **4.10** Sunday Brunch Best Bits **4.20** Location, Location, Location (r) **5.15** Building the Dream (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 George Clarke's Build a New Life in the Country (r)
1.40 5 News at Lunchtime
1.45 Home and Away (r)
2.15 FILM: Set Up By My Lover (2021) Drama, starring Camille Stopps.
4.00 Bargain-Loving Brits in the Sun Benidorm's resident crowd pleaser Ant Pate brings in the crowds for his end of season bash.
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r) Properties in and around Chipping Campden in the Cotswolds.
6.55 5 News Update

7.00 You Are What You Eat (r) Trisha Goddard and Dr Amir Khan help two women change their eating habits.
7.55 5 News Update
8.00 Phone Scams: Don't Get Caught Out New series. Alexis Conran exposes shocking phone scams.
9.00 The Catch New series. Ed's life spirals out of control when a man enters his daughter's life and threatens to take her away from him. Psychological thriller, starring Jason Watkins.
10.00 A&E After Dark (r) Two people arrive after jumping from an upstairs window during a house fire.
11.05 Skin A&E (r)

12.05 Ambulance: Code Red (r) **1.00** The LeoVegas Live Casino Show **3.00** Entertainment News on 5 **3.05** Around the World by Train with Tony Robinson (r) **3.55** OMG! Boy Beauty Addicts (r) **4.40** House Busters (r) **5.10** House Doctor (r) **5.35** Peppa Pig (r) **5.40** Paw Patrol (r)

The Repair Shop, *3.45pm.*

Our Flag Means Death, *10pm.*

The Chase, *5pm.*

The Caribbean: Billionaires' Paradise, *10pm.*

You Are What You Eat, *7pm.*

BBC3

7.00 Top Gear, **7.55** The Catch Up. **8.00** The Traitors US. **8.55** Ryan Tricks on the Streets. **9.00** Wagspiracy: Vardy v Rooney. **9.45 FILM:** Ben Is Back (2018). **11.20** Bad Education. **11.50** Wagspiracy: Vardy v Rooney. **12.35** Young MasterChef. **3.05** Wagspiracy: Vardy v Rooney. **3.50** Close.

BBC4

7.00 Great British Railway Journeys. **7.30** The Joy of Painting. Bob Ross paints a mountain stream. **8.00** Michael Palin's New Europe. **9.00** The Beginning and End of the Universe. **10.00** Angelou on Burns. **10.50** Beyond Burns. **11.50** Catching Britain's Killers: The Crimes That Changed Us. **12.50** Great British Railway Journeys. **1.20** The Joy of Painting. **1.50** The Beginning and End of the Universe. **2.50** The Lost Libraries of Timbuktu.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.00** Ninja Warrior UK: Race for Glory. **8.00** Superstore. **9.00** Love Island. **10.05** The Stand Up Sketch Show. **10.35** Family Guy. **11.30** American Dad! **12.30** Superstore. **1.30** Shopping with Keith Lemon. **2.00** CelebAbility. **2.45** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** George and Mildred. **8.40** On the Buses. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.35** Classic Emmerdale. **2.40** Classic Coronation Street. **3.40** Inspector Morse. **5.55** Heartbeat. **8.00** Lewis. **10.00** Scott & Bailey. **12.00** Agatha Christie's Marple. **2.05** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Kay Burley. **8.00** Arctic Secrets. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Wild Animal Babies. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **8.00** Landscape Artist of the Year 2023. **9.00** Hold the Front Page. **10.00** Deadline Day: Football's Transfer Window. **11.00** Brassic. **12.00** An Idiot Abroad. **1.00** Road Wars. **2.00** NCIS: New Orleans. **3.00** Hawaii Five-0. **4.00** S.W.A.T. **5.00** The Early Rundown.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Good Morning Sports Fans. **7.45** Live Big Bash League. **11.45** The Best of The Big Bash. **12.00** Sky Sports News. **1.30** Live International Netball. **3.30** Live International Netball. **5.30** Live PGA Tour Golf. **7.00** Live EFL Cup. **10.45** Live PGA Tour Golf. **12.00** Sky Sports News. **4.00** Live DP World Tour Golf.

SKY CRICKET

6.00 Ashes Greats. **6.50** Big Bash League. **7.45** Live Big Bash League. **11.45** The Best of The Big Bash. **12.00** Best of England v South Africa. **12.50** Live Women's International T20 Cricket. **4.30** Big Bash League. **6.30** Women's International T20 Cricket. **10.00** Big Bash League. **12.00** SA20. **2.00** The Best of The Big Bash. **3.00** Big Bash League. **5.00** Best of England v South Africa. **5.50** Ashes Greats.

BT SPORT 1

6.00 ESPN FC. **6.30** A-League Highlights. **7.00** WWE Monday Night Raw. **9.30** Premier League Stories. **10.00** EuroCup Basketball. **11.00** Live: FIH Hockey Men's World Cup. **1.00** Premier League Reload. **1.15** BT Sport Goals Reload. **1.30** Live: FIH Hockey Men's World Cup. **3.30** BT Sport Goals Reload. **3.45** Vanarama National League. **5.15** Brothers in Football. **7.00** Live Vanarama National League. **9.45** Premier League Reload. **10.00** Live PSA Squash. **12.30** BT Sport Reload. **12.45** BT Sport Fight Night. **1.00** Live PSA Squash. **3.30** BT Sport Goals Reload. **4.00** BT Sport Reload.

BBC ALBA

6.00 Alba Today. **5.00** Su Pic. **5.10** Bing. **5.15** Nannag a' Noo/Huggleboo. **5.25** Abadas. **5.40** Peataichean/Pets. **5.45** Pip & Posy. **5.55** Stòiridh. **6.00** Kung Fu Panda. **6.25** @12. **6.35** Saidheans Sporsail. **7.00** Fuine. **7.30** SpeakGaelic. **8.00** An Là. **8.30** An Taigh-Fuine/The Bakery. **9.00** Sar Sgeoil. **10.00** Women's Sport 360. **10.35** Binneas – Na Trads. **10.50** Dealbh is Slighe. **11.00** An t-Uisge/Rain Stories. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Iain Robertson Rambles – The Hebridean Way. **7.30** Fish Town. **8.00** Bump Birth Baby. **8.30** Fergusson – Burns' Forgotten Hero. **9.00** The Nine. **10.00** River City. **10.30** Debate Night. **11.30** Sky High Club: Scotland and Beyond. **12.00** Close.

FILM4

11.00 Ten Tall Men (1951). **12.55** The Last Blitzkrieg (1959). **2.40** The Black Arrow (1948). **4.15** The Thirty-Nine Steps (1978). **6.20** Ghostbusters (2016). **9.00** Raiders of the Lost Ark (1981). **11.15** World War Z (2013). **1.30** Pride and Prejudice and Zombies (2016). **3.45** Close.

DAVE

6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Survivor South Africa. **11.00** Rick Stein's Road to Mexico. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** Survivor South Africa. **5.00** QI XL. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** QI. **9.00** QI XL. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** QI. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.00** The Island. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Radio 1 Early Breakfast with Arielle Free. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.30** Newsbeat. **10.32** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Dean and Vicky. **3.30** Newsbeat. **3.32** Going Home with Vick and Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Clara Amfo. **8.00** Radio 1's Future Artists with Jack Saunders. **10.00** Radio 1's Essential Albums. **11.00** Benji B. **1.00** Radio 1's Chillout Anthems. **2.00** The Radio 1 Interview. **2.15** Radio 1 Playlists. **2.30** Radio 1's Life Hacks-Adapt the World. **2.45** Radio 1's Life Hacks-Adapt the World. **3.00** Radio 1 Relax in Love. **4.00** Radio 1 Dance.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Folk Show with Mark Radcliffe. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Radio 2 All Stars. **4.00** Early Breakfast Show.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Bonis. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.00** Choral Evensong. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay: Science Notes. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.31** (LW) Yesterday in Parliament. **9.00** More or Less. **9.30** Just One Thing with Michael Mosley. **9.45** (FM) Book of the Week: Wise Gals. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** The Shamima Begum Story. **11.30** Oti Mabuse's Dancing Legends. **12.00** News. **12.04** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Buried. **2.00** The Archers. **2.15** Drama: Bottled. **3.00** Money Box Live. **3.30** Inside Health. **4.00** Thinking Allowed. **4.30** The Media Show. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Conversations from a Long Marriage. **7.00** The Archers. **7.15** Front Row. **8.00** The Moral Maze. **8.45** Four Thought. **9.00** A Thorough Examination with Drs Chris and Xand. **9.30** The Media Show. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: Act of Oblivion. **11.00** What's the Story, Ashley Storrie? **11.15** Darren Harriott: Black Label. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: Wise Gals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Naga Munchetty. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.00** 5 Live Sport. **10.00** Colin Murray. **1.00** Dotun Adebayo.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** The Quay Sessions with Roddy Hart. **10.00** Vic Galloway. **12.00** As Radio 5 Live.

Beyond Burns, BBC4, *10.50pm.*

TELEVISION

THURSDAY JANUARY 26

BBC 1

6.00 Breakfast
9.15 Morning Live
10.00 Defenders UK
10.45 Rip Off Britain: Holidays (r)
11.15 Bargain Hunt (r)
12.00 First Minister's Questions
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Doctors
2.15 The Farmers' Country Showdown
3.00 Escape to the Country (r)
3.45 The Repair Shop
4.30 Bridge of Lies
5.15 Pointless
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
6.55 Party Political Broadcast (r)

7.00 River City (r)
7.30 EastEnders
8.00 Dragons' Den A cleaning product purveyor aims to make a positive social impact by turning homes into mini factories, while a sparkly party wear business gets one of the Dragons off their feet.
9.00 The Apprentice The candidates are sent to Brighton to secure nine items synonymous to the area.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 Question Time Fiona Bruce hosts the political debate from Scunthorpe.
11.40 Newscast

12.10 Celebrity Mastermind (r) **12.40** Weather for the Week Ahead **12.45** BBC News

BBC 2

6.30 The Farmers' Country Showdown (r) **7.15 Escape to the Country** (r) **8.00 Sign Zone: The Boy, the Mole, the Fox and the Horse** (r) **8.30 Tom Kerridge: Lose Weight for Good** (r) **9.00 BBC News at 9 10.00 BBC News 12.15 Politics Live 1.00 Hardball** (r) **1.45 Celebrity Eggheads** (r) **2.15 Celebrity Antiques Road Trip** (r)
3.15 Great Australian Railway Journeys (r)
3.45 My Unique B&B (r)
4.30 Saved and Remade (r)
5.15 Flog It! (r) Wedgwood plates and a gold guinea turn up in Aberystwyth.
6.00 Richard Osman's House of Games
6.30 Robson Green's Weekend Escapes

7.00 This Farming Life (r) Pumpkin season arrives at the Girvans farm in Loch Ness.
8.00 Winterwatch
9.05 Marie Antoinette Marie is drawn into the tussle over the choice of prime minister.
10.00 The Apprentice: You're Fired An interview with the show's freshly rejected candidate.
10.30 Newsnight Headline analysis with Victoria Derbyshire.
11.10 Weather
11.15 Fight the Power: How Hip-Hop Changed the World (r) Chuck D explores rap's political awakening over the past 50 years.

12.15 Fight the Power: How Hip-Hop Changed the World (r) **1.15** Sign Zone: The Mayfair Hotel Megabuild (r) **2.15** The Travelling Auctioneers (r) **3.00** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal David Dickinson arrives in Bosworth with his team.
3.00 Lingo
3.59 STV Weather Central
4.00 Tipping Point Quiz, hosted by Ben Shephard.
5.00 The Chase
6.00 STV News at Six; Weather
6.20 Party Political Broadcast
6.30 ITV Evening News; Weather

7.30 Emmerdale Priya makes a horrifying conclusion. Cathy seeks help. And it remains to be seen whether it is third time lucky for Mary.
8.30 Scotland Tonight Current affairs show.
9.00 Coronation Street Max faces the consequences of his recent actions.
10.00 ITV News at Ten; Weather
10.30 STV News; Weather
10.45 Botched? Inside the Beauty Business – Tonight
11.10 Next Level Chef (r) The ten remaining cooks are challenged to create the perfect burger.

12.15 Shop: Ideal World **3.00** Maternal (r) **3.50** Night Vision **5.05** Dickinson's Real Deal (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 A Place in the Sun Jean Johansson helps a couple find a holiday home in Crete.
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r)
6.30 Hollyoaks (r)

7.00 Channel 4 News
8.00 The Dog House An American bulldog throws his weight around with intrepid Manchester couple Katie and James. Meanwhile, 12-year-old terrier Tiddles enjoys a makeover at the groomers.
9.00 Grayson Perry's Full English The artist travels around England in a bid to uncover what Englishness means today, collecting objects for an exhibition about Englishness.
10.00 In the Footsteps of Killers
11.05 Married to a Psychopath (r) Part one of two. The hunt for a murderer who targeted wealthy women for their money.

12.10 Ramsay's Kitchen Nightmares USA (r) **1.00** The Simpsons (r) **1.25** The Simpsons (r) **1.50** Couples Come Dine with Me (r) **2.40** FILM: Table 19 (2017) Comedy, starring Anna Kendrick. **4.05** Building the Dream (r) **4.55** Location, Location, Location (r) **5.50** Find It, Fix It, Flog It (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 George Clarke's Build a New Life in the Country (r)
1.40 5 News at Lunchtime
1.45 Home and Away
2.15 FILM: Stolen By My Mother (2020) Premiere. Drama, with Niecy Nash.
4.00 Bargain-Loving Brits in the Sun (r) Andrea goes on a strict weight-loss programme.
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r) Amanda Lamb, JB Gill and Sam Pinkham are in and around the coastal town of Estoril.
6.55 5 News Update

7.00 Nick Knowles' New Year Clearout Nick meets a retired couple whose house is becoming a health hazard.
7.55 5 News Update
8.00 Build Your Dream Home in the Country Mark Millar helps Suffolk couple Debs and Scott.
9.00 The Madame Blanc Mysteries Jean has friends visiting Sainte Victoire, but they are plagued by problems.
10.00 Million Pound Motorhomes (r) A look at how motorhoming opened up a new world for a man with autism and ADHD.
11.05 Motorway Cops: Catching Britain's Speeders (r)

12.05 Police: Night Shift 999 (r) **1.00** The LeoVegas Live Casino Show **3.00** Entertainment News on 5 (r) **3.05** Around the World by Train with Tony Robinson (r) **3.55** OMG! My Midlife Plastic Crisis (r) **4.40** House Busters (r) **5.10** House Doctor (r) **5.35** Peppa Pig (r)

Question Time, *10.40pm.*

The Apprentice: You're Fired, *10pm.*

Tipping Point, *4pm.*

The Simpsons, *6pm.*

The Madame Blanc Mysteries, *9pm.*

BBC3

7.00 Top Gear. **7.58** The Catch Up. **8.00** The Traitors US. **8.50 FILM:** It's What She Would Have Wanted (2022). Short comedy film written by and starring Holly Hall. **9.00** Humza: Forgiving the Unforgiveable. **10.00** Wagspiracy: Vardy v Rooney. **10.45** Shrill. **11.35** Young MasterChef. **2.05** Top Gear. **3.05** Bad Education. **3.35** Ellie & Natasia. **3.50** Close.

BBC4

7.00 Great British Railway Journeys. **7.30** The Joy of Painting. **8.00** Elizabeth I's Secret Agents. **9.00 FILM:** Schindler's List (1993). Fact-based Holocaust drama, starring Liam Neeson. **12.05 FILM:** Balloon (2018). **2.05** Around the World in 80 Treasures. **3.05** Close.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.00** Ninja Warrior UK. **8.00** Superstore. **9.00** Love Island. **10.05** Plebs. **11.05** Family Guy. **12.00** American Dad! **1.00** Superstore. **2.00** Hey Tracey! **3.00** Teleshopping.

ITV3

6.00 Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** On the Buses. **9.15** Agatha Christie's Marple. **11.25** Heartbeat. **1.35** Classic Emmerdale. **2.35** Classic Coronation Street. **3.35** Inspector Morse. **5.55** Heartbeat. **8.00** Vera. **10.00** Scott & Bailey. **12.00** Agatha Christie's Marple. **2.05** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Kay Burley. **8.00** Arctic Secrets. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Wild Animal Babies. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **8.00** An Idiot Abroad. **9.00** The Hillside Strangler: Devil in Disguise. **11.15** Never Mind the Buzzcocks. **12.00** NCIS: Los Angeles. **1.00** The Force: North East. **2.00** Brit Cops: Law & Disorder. **3.00** Hawaii Five-0. **4.00** S.W.A.T. **5.00** The Early Rundown.

SKY MAIN EVENT

6.00 Live DP World Tour Golf. **7.30** Live DP World Tour Golf. **1.30** Sky Sports News. **5.00** Live PGA Tour Golf. The Farmers Insurance Open. **8.00** Live PGA Tour Golf. The Farmers Insurance Open. **12.00** Live: TNT Pre-Game Show. **12.30** Live NBA Basketball. **3.00** Live NBA Basketball. **5.30** Live: Inside the NBA.

SKY CRICKET

6.00 Big Bash League. **9.00** The Greatest Game. **11.00** Big Bash League. **5.00** Best of England v South Africa.

BT SPORT 1

7.00 BT Sport Reload. **7.15** A-League Highlights. **7.45** Live: Isuzu UTE A-League. **9.45** Premier League Reload. **10.00** Vanarama National League. **11.30** Deaf Away Days. **11.45** The Rugby's On. **12.45** What I Wore. **1.00** ESPN FC. **1.30** Live: ILT20. Sharjah Warriors v Dubai Capitals. **5.45** ESPN FC Presents: Gab & Juls. **6.15** Ligue 1 Show. **6.45** Serie A – Full Impact. **7.15** Women's T20 International Cricket. **8.15** The Rugby's On. **9.15** ESPN FC Presents: Gab & Juls. **9.45** Deaf Away Days. **10.00** PSA Squash. **12.00** Live PSA Squash. **2.30** Isuzu UTE A-League. **3.30** Ligue 1 Show. **4.00** Serie A – Full Impact. **4.30** WRC Review. **5.30** ESPN FC Presents: Gab & Juls.

BBC ALBA

6.00 Alba Today. **5.00** Piseag & Cuilean/Kit & Pup. **5.05** Sionnach agus Maigheach. **5.20** Shane an Chef. **5.30** Oscar & Ealasaid. **5.45** Su Pic. **5.55** Stòiridh. **6.00** An Saoghal Droil aig Pol Ploc/The Rubbish World of Dave Spud. **6.10** A-null 's a-nall. **6.30** Stri. **6.35** Damhan & Durrag/Pipas & Douglas. **6.40** Proiseact Ploigh. **7.00** Turas a' Bhradain. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Eòrpa. **9.00** Opry le Daniel. **9.50** Dhan Uisge. **10.00** Seòid a' Chidsin – The Kitchen Coves. **10.30** Sgeulachd nam Pola/The Poles Revealed. **11.20** Ceilidh na Bliadhn' Uire 2021. **11.30** An Clò Mòr. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Great Escapes with Colin and Justin. **7.25** Beechgrove Repotted. **7.30** Sky High Club: Scotland and Beyond. **8.00** My Kind of Town: Hawick. **8.30** Iain Robertson Rambles – The Hebridean Way. **9.00** The Nine. **10.00** Scot Squad. **10.30** Scam Land: Money, Mayhem and Maseratis. **11.05** The Scotts. **11.35** The Karen Dunbar Show. **12.00** Close.

FILM4

11.00 The Malta Story (1953). Second World War drama, starring Alec Guinness. **1.10** The Man Who Would Be King (1975). **3.55** Young Winston (1972). Biopic of Winston Churchill, starring Simon Ward. **6.45** The Post (2017). **9.00** Salt (2010). Action thriller, starring Angelina Jolie. **10.55** Fight Club (1999). Drama, starring Brad Pitt. **1.45** First Love (2019). Drama, starring Sakurako Konishi. **4.00** Close.

DAVE

6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Survivor South Africa. **11.00** Rick Stein's Road to Mexico. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** Survivor South Africa. **5.00** QI XL. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** QI. **9.00** QI XL. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.35** Would I Lie to You? **1.15** QI. **1.55** Richard Osman's House of Games. **2.40** Not Going Out. **3.10** The Island. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Radio 1 Early Breakfast with Arielle Free. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.30** Newsbeat. **10.32** Rickie, Melvin and Charlie. **12.00** Radio 1's Live Lounge. **12.45** Newsbeat. **1.00** Dean and Vicky. **3.30** Newsbeat. **3.32** Going Home with Vick and Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Clara Amfo. **8.00** Radio 1's Future Pop with Maia Beth. **10.00** BBC Introducing Dance. **11.00** Radio 1's Residency. **12.00** Radio 1's Residency. **1.00** Radio 1 Dance Presents. **2.00** Radio 1's Wind Down Presents. **3.00** Radio 1's Power Down Playlist with Sian Eleri. **4.00** Radio 1 Dance.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Country Show with Bob Harris. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Tony Blackburn, Your Soul Mate Playlist. **4.00** A Dance Through the Decades. **4.30** Early Breakfast Show.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Bonis. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay: Science Notes. **11.00** The Night Tracks Mix. **11.30** Unclassified. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.31** (LW) Yesterday in Parliament. **9.00** In Our Time. **9.45** (FM) Book of the Week: Wise Gals. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** Crossing Continents. **11.30** Born in Bradford. **12.00** News. **12.04** You and Yours. **12.30** Sliced Bread. **12.57** Weather. **1.00** The World at One. **1.45** Buried. **2.00** The Archers. **2.15** Drama: Nazis: The Road to Power. **3.00** Open Country. **3.27** Radio 4 Appeal. **3.30** Open Book. **4.00** The Curious Cases of Rutherford & Fry. **4.30** BBC Inside Science. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Prepper. **7.00** The Archers. **7.15** Front Row. **8.00** The Briefing Room. **8.30** The Bottom Line. **9.00** BBC Inside Science. **9.30** In Our Time. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime. **11.00** Unsafe Space. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Wise Gals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Adrian Chiles. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **9.00** 5 Live Sport: The Euro Leagues Podcast. **10.00** Colin Murray. **1.00** Greg McKenzie.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** Travelling Folk. **10.00** Natasha Raskin Sharp. **12.00** As Radio 5 Live.

Schindler's List, BBC4, *9pm.*

TELEVISION

FRIDAY JANUARY 27

BBC 1

6.00 Breakfast
9.15 Morning Live
10.00 Defenders UK
10.45 Rip Off Britain: Holidays (r)
11.15 Homes Under the Hammer (r)
12.15 Bargain Hunt
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Father Brown
2.30 The Farmers' Country Showdown (r)
3.00 Escape to the Country (r)
3.45 The Repair Shop
4.30 Bridge of Lies
5.15 Pointless
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 The One Show
7.30 Screen Grab
8.00 Life on the Bay (r)
8.30 Amanda & Alan's Italian Job Alan takes charge of a bedroom, but Amanda struggles with his vision.
9.00 Death in Paradise The team joins Naomi in Saint Barnabas when her best friend's father is murdered.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 The Graham Norton Show Guests include Claire Foy, M Night Shyamalan and Sarah Michelle Gellar.
11.30 Question of Sport Light-hearted quiz, hosted by Paddy McGuinness.

12.00 FILM: Thelma & Louise (1991) Drama, starring Susan Sarandon and Geena Davis. **2.05** Weather for the Week Ahead **2.10** BBC News

BBC 2

6.15 Homes Under the Hammer (r) **7.15** The Farmers' Country Showdown (r) **8.00** Sign Zone: The Polar Bear Family and Me (r) **9.00** BBC News at 9 **10.00** BBC News 12.15 Politics UK **1.00** Hardball (r) **1.45** Celebrity Eggheads (r) **2.15** Celebrity Antiques Road Trip (r) Dr Ranj Singh and Dr Zoe Williams go looking for antiques in Lancashire and Greater Manchester.
3.15 Great Australian Railway Journeys (r)
3.45 My Unique B&B (r)
4.30 Saved and Remade (r)
5.15 Flog It! (r)
6.00 Richard Osman's House of Games
6.30 Robson Green's Weekend Escapes

7.00 Monty Don's Adriatic Gardens (r) Monty explores Corfu, a Greek island with strong Venetian links, and visits a spectacular garden made by an Englishman with Greek connections. Last in the series.
8.00 Winterwatch Chris Packham talks to David Attenborough. Last in the series.
9.00 QI XL Sandi Toksvig discusses quite interesting facts about trundling.
9.45 Live at the Apollo Geoff Norcott introduces Michelle De Swarte and Sean McLoughlin.
10.30 Newsnight
11.00 Weather
11.05 How the Holocaust Began (r)

12.05 Surgeons: At the Edge of Life (r) **1.05** Sign Zone: Dogs, Dealers and Organised Crime – Panorama (r) **1.35** Marie Antoinette (r) **2.30** Our Flag Means Death (r) **3.05** Our Flag Means Death (r) **3.30** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal David Dickinson pitches up in Walsall, with his team Tracy Thackray-Howitt, Fay Rutter, Tim Hogarth and James Layte.
3.00 Lingo
3.59 STV Weather Central
4.00 Tipping Point
5.00 The Chase
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather

7.00 Emmerdale David tries to make things right.
7.30 Live FA Cup Football Manchester City v Arsenal (Kick-off 8pm). These sides have been the top two in the Premier League for much of the season, but this is the first time they have faced each other in any competition this term. The last meeting between the teams at this ground saw the Citizens record an emphatic 5-0 league win in the early stages of the previous campaign.
10.15 ITV News; Weather
10.50 STV News; Weather
11.05 The NFL Show Highlights and previews of play-off matches.

12.10 Shop: Ideal World **3.00** Dickinson's Real Deal (r) **3.50** Night Vision **5.05** Lingo (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 A Place in the Sun Ben Hillman helps a couple find a holiday home in Lanzarote.
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r)
6.30 Hollyoaks (r)

7.00 Channel 4 News
8.00 Food Unwrapped
8.30 Travel Man: 48 Hours in Salzburg Roisin Conaty joins Joe Lycett in the fairy-tale city of Salzburg.
9.00 Jon & Lucy's Odd Couples Vicky Pattison and fiancé Ercan Ramadan are pitted against Michael and Hilary Whitehall in a head-to-head contest to decide who has the best relationship.
10.00 The Last Leg New series. Guests include Lucy Beaumont.
11.05 Celebrity Gogglebox (r) Shows including Love Island and Alan Carr's Epic Gameshow: Celebrity Special are appraised.

12.10 Everyone Else Burns (r) **12.40** Everyone Else Burns (r) **1.05** FILM: Thoroughbreds (2017) **2.40** Come Dine with Me (r) **4.50** Jamie: Keep Cooking Family Favourites (r) **5.15** Sunday Brunch **5.25** Building the Dream (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 George Clarke's Build a New Life in the Country (r)
1.40 5 News at Lunchtime The day's headlines.
1.45 Home and Away
2.15 FILM: Who Stole My Daughter? (2019) Thriller, starring Samaire Armstrong.
4.00 Bargain-Loving Brits in the Sun (r) Colin and Sebastian renovate a property on their farm for the rental market.
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r)
6.55 5 News Update

7.00 Get the Most Out of Your All-Inclusive Holiday Alexis Conran investigates all-inclusive holidays.
7.55 5 News Update
8.00 Cruising with Susan Calman The comedian is on board a cruise, sailing through Germany and the Netherlands.
9.00 Secrets of the World's Most Expensive Cruise Ship New series. Behind the scenes of the Splendor cruise ship.
10.00 Tommy Steele: The Great Entertainer (r)
11.30 Britain's Favourite 70s Hits (r) A look at some of the biggest pop bands of the seventies.

1.25 The LeoVegas Live Casino Show **3.25** Entertainment News on 5 **3.30** Around the World by Train with Tony Robinson (r) **4.20** OMG: Rise of the Insta-Babes (r) **5.05** House Busters (r) **5.35** Peppa Pig (r) **5.40** Paw Patrol (r) **5.50** Pip and Posy (r)

The Graham Norton Show, *10.40pm.*

QI XL, *9pm.*

The NFL Show, *11.05pm.*

Food Unwrapped, *8pm.*

Cruising with Susan Calman, *8pm.*

BBC3

7.00 Top Gear. **7.58** The Catch Up. **8.00** Waterloo Road. **9.00** FILM: Poltergeist (1982). **11.20** Meet the Khans: Big in Bolton. **1.50** Wagspiracy: Vardy v Rooney. **2.35** Ellie & Natasia. **2.50** Top Gear. **3.55** Close.

BBC4

7.00 Top of the Pops. **9.00** Wayfaring Stranger with Phil Cunningham. **10.00** Transatlantic Sessions. **11.00** Country at the BBC. **12.00** Arctic Monkeys at Glastonbury 2013. **12.40** Wayfaring Stranger with Phil Cunningham. **1.40** Top of the Pops. **3.40** Close.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.00** Ninja Warrior UK. **8.00** Superstore. **9.00** Love Island. **10.05** Don't Hate the Playaz. **10.50** Family Guy. **11.45** American Dad! **12.40** Superstore. **1.35** Georgia Toffolo: In Search of Perfect Skin. **2.35** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** On the Buses. **9.15** Agatha Christie's Marple. **11.25** Heartbeat. **1.35** Classic Emmerdale. **2.35** Classic Coronation Street. **3.35** Inspector Morse. **5.55** Heartbeat. **8.00** Doc Martin. **10.00** Scott & Bailey. **12.00** Agatha Christie's Marple. **2.05** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Sky News Breakfast. **8.00** Amazing Animal Friends. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Wild Animal Babies. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **7.30** Young Rock. **8.00** FILM: The Bee Gees: How Can You Mend a Broken Heart (2020). **10.00** Fantasy Football League. **10.35** Sport's Funniest Moments. **11.35** Hold the Front Page. **12.35** Sex and the City. **1.35** Road Wars. **3.00** Hawaii Five-0. **4.00** S.W.A.T. **5.00** Motorway Patrol.

SKY MAIN EVENT

6.00 Live DP World Tour Golf. **7.30** Live DP World Tour Golf. **10.30** Live One-Day International Cricket. **7.00** Live PGA Tour Golf. **8.00** Live PGA Tour Golf. The Farmers Insurance Open. **1.00** Sky Sports News. **4.00** Live DP World Tour Golf.

SKY CRICKET

6.00 The Best of The Big Bash. **6.45** Big Bash League. **7.45** Live Big Bash League. **10.30** Live One-Day International Cricket. **7.00** Big Bash League. **8.00** ICC U19 Women's World T20. **10.00** One-Day International Cricket. **11.00** Big Bash League. **12.00** One-Day International Cricket. **1.00** Best of England v South Africa. **1.50** Best of Sky Cricket. **2.00** Big Bash League. **5.30** Best of England v South Africa.

BT SPORT 1

6.00 ESPN FC. **6.30** Premier League Reload. **6.45** WWE Raw Highlights. **7.45** WWE NXT Highlights. **8.45** Live: Isuzu UTE A-League. **10.45** Deaf Away Days. **11.00** Live: FIH Hockey Men's World Cup. **1.00** ESPN FC. **1.30** Live: FIH Hockey Men's World Cup. **3.30** Isuzu UTE A-League. **4.30** Badminton Unlimited. **5.00** Heineken Champions Cup Highlights. **6.00** The Rugby's On. **7.00** Live Gallagher Premiership Rugby Union. Sale Sharks v Bath (Kick-off 7.45pm). **10.00** WWE NXT UK Classics. **11.00** WWE NXT Highlights. **12.00** WWE SmackDown Highlights. **1.00** Live: WWE Friday Night SmackDown. **3.00** UFC Fight Camp. **3.30** Scottish Football Extra. **4.00** Live: A-League Women.

BBC ALBA

6.00 Alba Today. **5.00** Treubh an Tuathanais. **5.15** Pip & Posy. **5.20** Sionnach agus Maigheach. **5.30** Beathaichean a' Bocadaich. **5.35** AH-AH/No-No. **5.45** Peataichean/Pets. **5.50** Stòiridh. **6.00** Aithne air Ainmhidhean. **6.25** @12. **6.30** Damhan & Durrag/Pipas & Douglas. **6.35** Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **7.00** An Là. **7.25** Ceilidh na Bliadhn' Uire 2021. **7.30** Machair. **7.55** Fraochy Bay. **8.00** Gàrraidhean Mòra na h-Alba. **8.30** An Clò Mòr. **9.00** Celtic Connections. **10.00** Borgen. **11.00** Sgeulachd nam Pola/The Poles Revealed. **11.50** Dhan Uisge. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** The Seven. **7.30** Sportscene: Championship Live. **10.00** Still Game. **10.30** Return to Real Kashmir FC. **11.30** Scottish Cup Classics. **12.00** Close.

FILM4

11.00 The Green Man (1956). **12.40** Footsteps in the Fog (1955). **2.30** Gideon of Scotland Yard (1958). **4.20** Carry On Cabby (1963). **6.15** The Martian (2015). **9.00** Saving Private Ryan (1998). Steven Spielberg's Second World War drama, starring Tom Hanks. **12.20** The Autopsy of Jane Doe (2016). **2.05** Buried (2010). **4.00** Close.

DAVE

6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Survivor South Africa. **11.00** Rick Stein's Road to Mexico. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** Survivor South Africa. **5.00** QI XL. **6.00** Taskmaster. **7.00** Would I Lie to You? **7.40** Richard Osman's House of Games. **8.20** QI. **9.00** Have I Got a Bit More News for You. **10.00** QI XL. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** QI. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.30** Beat the Internet with John Robins. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Radio 1 Early Breakfast with Arielle Free. **6.33** Radio 1's Best New Pop. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.00** Radio 1 Anthems. **10.30** Newsbeat. **10.32** Radio 1 Anthems. **11.02** Katie Thistleton. **12.45** Newsbeat. **1.00** Matt and Jamie. **3.00** Radio 1's Party Anthems. **4.00** The Official Chart on Radio 1 with Jack Saunders. **5.45** Newsbeat. **6.00** Radio 1's Dance Party with Danny Howard. **8.00** Radio 1's Future Dance with Sarah Story. **10.00** Pete Tong. **12.00** Radio 1's Essential Mix. **2.00** Radio 1 Dance Presents. **2.30** Radio 1 Dance Presents. **3.00** Danny Howard. **4.00** Radio 1's Wind Down Presents.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **3.30** Scott Mills' Wonder Years. **4.00** Sara Cox. **7.00** Michelle Visage. **8.30** Michelle Visage's Handbag Hits. **9.00** The Good Groove with DJ Spoony. **11.00** The Rock Show with Shaun Keaveny. **12.00** Romesh Ranganathan: For the Love of Hip-Hop. **1.00** Happy Birthday Tony Blackburn: 80 Poptastic Years. **2.00** The Best of Radio 2's Piano Room. **4.00** Sophie Ellis-Bextor's Kitchen Disco.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Bonis. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** The Listening Service. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** The Verb. **10.45** The Essay: Science Notes. **11.00** Late Junction. **1.00** Composed with Emeli Sandé. **2.00** Piano Flow with Tokio Myers. **3.00** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.31** (LW) Yesterday in Parliament. **9.00** Desert Island Discs. **9.45** (FM) Book of the Week: Wise Gals. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** Is Psychiatry Working? **11.30** Thanks a Lot, Milton Jones! **12.00** News. **12.04** AntiSocial. **12.57** Weather. **1.00** The World at One. **1.45** Buried. **2.00** The Archers. **2.15** Drama: The Incident at Ong's Hat. **2.45** Understand: The Economy. **3.00** Gardeners' Question Time. **3.45** Short Works. **4.00** Last Word. **4.30** More or Less. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The News Quiz. **7.00** The Archers. **7.15** Screenshot. **8.00** Any Questions? **8.50** A Point of View. **9.00** The Reith Lectures. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: Act of Oblivion. **11.00** Americast. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: Wise Gals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Chiles on Friday. **1.00** Fantasy 606. **2.00** Elis James and John Robins. **4.00** 5 Live Drive. **7.00** 5 Live Sport: The Friday Football Social. **10.00** Stephen Nolan. **1.00** Anna Jameson.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Katie Breathwick. **4.00** Sam Pittis.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **11.30** Noising Up. **12.00** Lunchtime Live. **1.30** The Good, the Bad and the Unexpected. **2.00** The Afternoon Show. **4.00** Drivetime. **6.00** Grant Stott's Vinyl Collective. **8.00** BBC Introducing in Scotland. **9.30** Introducing in Scotland: The Mix. **10.00** Ashley Storrie. **1.00** As Radio 5 Live.

Top of the Pops, BBC4, *7pm.*

Ewan's Viewing

EWAN CAMERON REVIEWS THIS WEEK'S TELLY

AMAZING MAZIN ZOMBIE GRIPPER

I haven't played the PlayStation game that The Last Of Us (Sky Atlantic) is based on, but its first episode already has me gripped.

It served as the perfect set-up for the rest of the series – about a grieving father leading a young girl across a zombie wasteland – and introduced enough plot strands to keep me interested.

The post-apocalyptic setting is well trodden ground in film, television and comic books, but this feels like an elevated form of the genre.

Maybe that's because the show's co-creator, Craig Mazin, treats the events of The Last Of Us as seriously as he did with the Chernobyl disaster in his award-winning 2019 miniseries.

Sky Atlantic looks like it has a smash hit on its hands.

MUSICAL 'TREAT' TRULY CRIMINAL

I'm surprised that Brad and Barney Walsh are still managing to travel the globe freely with their series Breaking Dad (ITV).

Over the course of five series they've been to America, Italy, Germany, Switzerland and Iceland, and each time there's been a moment when Barney gets his ukulele out and "treats" us to a song with his old man.

How they haven't been deported for crimes against music I'll never know.

Devious delight

If you adored the BBC's surprise pre-Christmas smash hit The Traitors there's a very good chance you'll do the same with the American version, which is now on iPlayer.

Almost everything about it, including the Highland castle location and tasks, is nearly identical, with a few notable exceptions.

While no one could accuse the Claudia Winkleman-fronted series of being straight-faced, the US iteration turns the drama and campness up to 11.

A large part of that is because the new host is Alan Cumming and he seems to be having a howling time strutting and stalking through the baronial hallways of Ardross Castle in an ever-changing array of capes, scarves, berets and plus fours.

CONTESTANTS IN US 'TRAITORS' EVEN MORE BRUTAL AND DUPLICITOUS THAN IN UK SHOW

Most of his instructions to the contestants are whispered and conspiratorial, while the words "murder" and "traitors" get about four extra syllables.

The question "Is it too much?" must never have crossed his lips.

As with the Winkleman show, the daily physical tasks are mostly pointless and highly fast-forwardable – even more so in the US version as we've seen them before.

Thankfully, the things that made the UK series so unexpectedly fun – the paranoia, back-stabbing and psychological mind games – are all present and correct and entertaining as ever.

If anything, these contestants – a mixture of "normies" and US reality TV stars I've never heard of – are more brutal and duplicitous than their Blighty counterparts, which makes for some deliciously devious TV.

Once again, the Circle Of Truth climax, where the contestants come together to vote off who they suspect is a traitor, can get edge-of-the-seat intense and you'll question why you're getting so emotionally invested in what is essentially just a reality TV show.

TAKING PART SHOWS GUTS

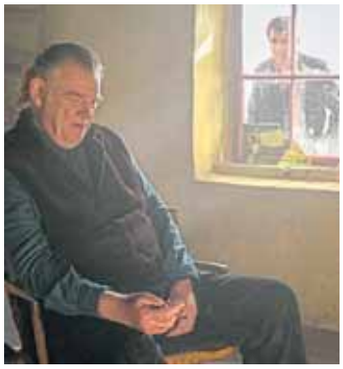
Back in the day, Gillian McKeith made a name for herself when she examined people's poo in the programme You Are What You Eat.

From those faecal foundations, Channel 4 has now created an entire show based on bowel movements.

They could have called it You Are What You Poop, but instead went for the much more formal Know Your S**t: Inside Our Guts.

This new series comes straight from the Embarrassing Bodies school of health education programming.

And by that I mean you spend less time absorbing the useful health advice and more time utterly gobsmacked that anyone would agree to take part.



Ewan's movie of the week

THE BANSHEES OF INISHERIN

DISNEY+

Martin McDonagh's film is equal parts funny and sad, not to mention mysterious and a little bit creepy.

Set on a fictional Irish island, it revolves around the sudden and unexpected parting of lifelong pals Colm (Brendan Gleeson) and Pádraic (Colin Farrell). Colm, the older of the two, wakes up one day and decides he'd rather spend the remainder of his life creating music and so, out of the blue, completely cuts Pádraic from his life.

The story from that point on is about Pádraic's utter confusion about why his close friend would do such a thing and Colm's (literally) bloody minded insistence that they remain estranged.

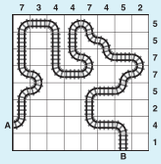
While the men's fractured friendship can be seen as an allegory for the Irish civil war that is raging within earshot of the island, McDonagh doesn't labour the point.

Expect the awards to flood in.

WHAT DO YOU THINK? FACEBOOK.COM/EVENINGTELE TWITTER.COM/EVENING_TELE EWAN.CAMERON@AJL.CO.UK

SOLUTIONS

MAKE TRACKS



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SUGURU

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SKELETON

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PIECEWORD

A	L	D	E	R	■	C	■	T	R	O	D	■	A	■
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S	T	I	L	E	■	L	■	■	A	C	T	I	N	G
H	E	N	■	R	■	U	■	S	■	R	■	R	■	I
■	N	■	E	Y	E	D	■	T	R	I	N	K	E	T
T	O	O	L	■	■	G	N	U	■	S	■	E	■	A
■	N	■	L	E	V	Y	■	B	■	■	P	E	D	A	L

SUDOKU

3	6	5	8	1	9	2	7	4
1	4	7	2	5	6	8	3	9
2	9	8	4	3	7	6	1	5
4	2	1	3	7	8	5	9	6
8	5	3	6	9	1	4	2	7
6	7	9	5	4	2	1	8	3
9	1	6	7	8	4	3	5	2
5	8	4	9	2	3	7	6	1
7	3	2	1	6	5	9	4	8

9	8	6	7	5	2	3	4	1
7	5	1	8	3	4	6	9	2
2	3	4	1	9	6	7	5	8
4	1	5	6	2	8	9	3	7
3	2	9	5	4	7	8	1	6
6	7	8	9	1	3	4	2	5
5	6	2	4	7	9	1	8	3
8	4	3	2	6	1	5	7	9
1	9	7	3	8	5	2	6	4

6	3	7	5	4	8	1	9	2
5	9	8	1	6	2	4	3	7
2	1	4	7	3	9	8	6	5
4	2	6	8	9	3	7	5	1
7	8	3	4	1	5	9	2	6
9	5	1	2	7	6	3	4	8
1	6	2	9	8	4	5	7	3
3	7	9	6	5	1	2	8	4
8	4	5	3	2	7	6	1	9

CRYPTIC CROSSWORD

■	A	■	A	■	C	■	D	■	E	■	M	■	■	■
A	D	D	U	C	E	■	O	U	T	W	I	T	■	■
■	M	■	T	■	L	■	M	■	C	■	N	■	■	■
L	I	N	O	■	L	O	I	T	E	R	E	D	■	■
R	■	■	■	A	■	N	■	T	■	D	■	■	■	■
P	A	R	A	T	R	O	O	P	E	R	■	■	■	■
■	L	■	D	■	■	■	■	R	■	O	■	■	■	■
■	■	G	H	O	S	T	T	R	A	I	N	S	■	■
■	A	■	E	■	K	■	O	■	■	■	P	■	■	■
O	V	E	R	V	I	E	W	■	A	G	A	R	■	■
■	A	■	E	■	M	■	E	■	N	■	P	■	■	■
K	I	D	N	A	P	■	L	A	N	C	E	R	■	■
■	L	■	T	■	Y	■	S	■	A	■	R	■	■	■

QUICK CROSSWORD

W	C	■	J	■	U	■	S	■	W	■	D	■	■	■
A	M	O	R	O	U	S	■	T	W	I	C	E	■	■
I	■	A	■	T	■	E	■	E	■	F	■	S	■	■
V	A	U	N	T	■	D	E	R	R	I	C	K	■	■
E	■	T	■	E	■	■	■	E	■	■	■	T	■	■
■	C	H	E	R	R	Y	T	O	M	A	T	O	■	■
S	■	O	■	■	■	A	■	■	■	L	■	P	■	■
C	H	R	I	S	T	M	A	S	D	A	Y	■	■	■
E	■	■	■	L	■	■	■	E	■	C	■	E	■	■
P	E	N	G	U	I	N	■	X	E	R	O	X	■	■
T	■	E	■	S	■	E	■	T	■	I	■	U	■	■
R	E	A	C	H	■	C	L	O	T	T	E	D	■	■
E	■	R	■	Y	■	K	■	N	■	Y	■	E	■	■

WORD WHEEL

Drip, grip, gripe, griped, pidgin, pied, pier, pine, pined, ping, pride, pried, prig, ripe, ripen, viper, DEPRIVING.

KILLER SUDOKU

3	1	9	4	7	6	5	8	2
7	5	2	8	9	1	6	4	3
8	4	6	3	2	5	1	7	9
2	6	1	7	5	9	4	3	8
5	9	8	6	3	4	7	2	1
4	7	3	2	1	8	9	5	6
1	2	5	9	8	7	3	6	4
9	3	4	5	6	2	8	1	7
6	8	7	1	4	3	2	9	5

KAKURO

■	2	1	■	7	6	9	■	2	1
2	1	3	■	5	9	7	■	1	3	2
1	3	■	7	9	■	8	9	■	5	1
■	6	7	9	8	■	6	7	9	8	■
6	8	9	■	4	1	2	■	7	9	6
8	9	■	■	2	3	1	■	■	7	9
9	7	6	8	3	■	5	3	1	2	8
■	■	9	7	■	■	■	1	2	■	■
7	6	8	9	3	■	8	2	4	3	1
8	9	■	■	1	3	5	■	■	1	2
9	5	8	■	2	1	7	■	1	2	4
■	7	9	8	6	■	1	2	3	4	■
1	2	■	9	7	■	3	1	■	9	7
3	1	2	■	9	7	4	■	7	5	9
■	3	1	■	8	9	2	■	9	8	■

ADD UP

83, 67

WORDSEARCH

E	X	C	N	S	K	N	D	N	N	Y	P	D	■	■
T	A	N	A	S	U	E	O	E	A	F	B	I	■	■
A	U	S	I	R	S	G	T	E	M	F	N	S	■	■
R	T	H	E	S	A	A	A	O	H	U	A	H	■	■
O	W	L	E	T	L	M	T	B	I	L	E	N	■	■
C	D	R	E	O	I	R	E	N	P	F	O	E	■	■
E	T	A	C	M	P	H	O	L	P	M	C	P	■	■
D	T	O	S	T	R	A	W	B	E	R	R	Y	■	■
R	H	S	K	L	O	Y	I	L	D	U	E	I	■	■
C	E	S	U	A	N	S	E	R	I	O	A	D	■	■
R	T	G	I	A	B	E	G	T	Y	N	M	S	■	■
K	O	G	L	W	O	B	G	N	I	X	I	M	■	■
R	T	E	I	A	C	H	I	L	L	E	P	N	■	■

FITWORD

C	A	S	S	A	T	A	■	F	O	B	■	R	E	V	I	S	I	T
H	■	A	■	L	■	P	■	A	■	L	■	A	■	E	■	A	■	H
I	G	L	O	O	■	R	H	U	B	A	R	B	■	R	E	L	A	Y
E	■	V	■	O	■	I	■	X	■	B	■	B	■	V	■	S	■	M
F	O	O	T	F	A	L	L	■	P	■	L	I	T	E	R	A	T	E
■	R	■	R	■	V	■	A	R	E	N	A	■	A	■	O	■	I	■
■	A	M	A	T	E	U	R	■	D	■	P	O	U	S	S	I	N	■
■	T	■	C	■	R	■	G	L	A	C	E	■	N	■	T	■	G	■
R	E	S	E	T	T	L	E	■	L	■	L	A	T	T	I	C	E	D
E	■	N	■	E	■	I	■	R	■	S	■	I	■	E	■	H	■	O
C	R	E	A	M	■	S	A	U	N	T	E	R	■	P	R	I	S	M
A	■	E	■	P	■	L	■	S	■	U	■	E	■	I	■	D	■	E
P	U	R	P	O	S	E	■	H	E	N	■	R	E	D	H	E	A	D

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